Effective Person Centered Planning
Adults with Mental Illness

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The Durham Center is a committed partner in the development of a strong and sustained System of Care for individuals and families in Durham. The aim of the System of Care is to promote resiliency and recovery for individuals and families in Durham who want and need the assistance of an organized network services and supports to help them to succeed at home, in school, at work, and in the community.

The Durham Center plays a central role in supporting individuals and families who have mental health and substance abuse treatment needs. Our intent is to support adults with mental illness in their recovery process as a means to achieve their personal goals. We recognize that recovery is a unique and personal process that involves changing attitudes, values, feelings, goals, skills, and /or roles in order to live a satisfying, hopeful and contributing life.

The purpose of this guide is to assist individuals in the recovery process, and the families and friends who partner with them, to identify key services and supports in the Durham community that can be incorporated into a comprehensive person-centered-plan relevant to their every day lives. Life Domains provide a framework that can help connect desired goals or outcomes to every day life concerns, such as health, safety, financial, spiritual, social needs, etc. An effective person centered plan addresses the range of life outcomes and life domains identified by the individual and promotes services and supports demonstrated to be effective to meet the person's life goals.

This guide seeks to encourage thoughtful consideration of key life outcomes, life domains, best practice services, and the connections between these elements. It is not meant to be prescriptive but to aide in consideration of a range of options to creatively respond to the individual and personalized needs of the individuals we serve.

Key Life Outcomes that Support Recovery

- Stay in the Community
- Housing
- Employment/Education
- Manage Own Recovery

- Community Integration

Life Outcomes Connect to Life Domains

Stay in the Community
- Crisis
- Health
- Safety
- Legal
- Financial

Housing

Employment/Education
- Employment
- Education/Vocational

Manage Own Recovery
- Emotional/Psychological
- Co-occurring disorders

Community Integration
- Family/Attachment
- Social Activities
- Transportation
- Meaningful Relationships

Evidence Based Practices Support Life Domains and Life Outcomes:

- Assertive Community Treatment
- Family Psychoeducation
- Illness Management and Recovery
- Integrated Dual Disorder Treatment
- Supported Employment