National Center on Advancing Person-Centered Practices and Systems

Person-Centered Planning and the Pandemic
Tools and Approaches for COVID-19 and Beyond

Summary of a webinar from July 9, 2020

Introduction

This webinar is about how to use person-centered practices to help people survive the COVID-19 crisis. The speakers on this webinar talked about how they have used person-centered approaches in their own lives, and with family members or others. Alixe Bonardi, Co-Director of NCAPPS led the webinar and asked each speaker the questions below.

- Why is person-centered planning important at this time?
- What tools have you found most helpful?
- What is one key message you would share?

Amye found using person-centered planning tools to be empowering. It helped her realize, "I have what it takes and that I'm up to the task." She also said that she uses the tools to provide a good model for her daughter.

Jenny says,

"In times of crisis we might unintentionally create power and control relationships and structures. We have to respect the viewpoint of the person and their loved ones."

Michael says,

"writing a brilliant plan that is not used is a disservice. I think it's actually a form of abuse. And one of the challenges is to begin with the why are you doing this and who's going to use it?   ."

Chacku says that person-centered practices support the "ability to be transformed by each other's understanding and point of view… It can be founded in the process of liberation… It's the art form that we're talking about. And that is a life-long practice. And if I make that a life-long practice, I'm going to be seeing myself more like a river than a statue."

Janis says, "It's about freedom, and not all people are free. We have staggering inequity. There is trauma inside and outside our systems. We need to talk about it and do something about it."
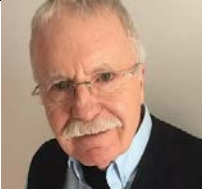
You can find examples of the person-centered planning tools that were mentioned on this webinar by visiting the COVID-19 resources page on the NCAPPS website: https://ncapps.acl.gov/covid-19-resources.html

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The speakers on this webinar were:

	Michael Smull is a consultant and trainer who has worked with people with disabilities labels for the past 48 years. He is the senior partner in Support Development Associates (www.sdaus.com) and the founder and Chair of The Learning Community for Person Centered Practices (www.tlcpcp.com). He is the co-developer of a person-centered thinking curricula and of essential lifestyle planning. Mr. Smull has provided training and consultation in 49 states, and 8 countries.
	Amye Trefethen works as the Family and Youth Services Coordinator for NAMI Missouri. Amye lives with bipolar disorder and has several family members who live with mental health challenges, as well as ASD. Amye enjoys spending time with her daughter Olivia, as well as her family and pets. She enjoys knitting, sewing and cooking and reading.
	Chacku Mathai is the Director for a SAMHSA Healthy Transitions Grant focused on supporting youth and young adults experiencing early psychosis through OnTrackNY and the Center for Practice Innovations at Columbia University. His personal experiences as an Indian-American young adult with disabling mental health and substance use challenges informs his effort to advocate for improved services, social conditions, and alternative supports in the community.
	Jenny Turner is a member of the LifeCourse Nexus Team at the UMKC Institute for Human Development. She is the big sister of a sibling with IDD, and brings her personal and professional experience to support implementation of the Charting the LifeCourse framework for person and family centered policy, practice, and systems change.
	Dr. Janis Tondora is an Associate Professor in the Yale School of Medicine's Program for Recovery and Community Health. Dr. Tondora's professional interests focus on the design, implementation, and evaluation of services that promote self-determination, recovery, and community inclusion among individuals living with serious behavioral health conditions.