



FAST FACTS *Magellan Behavioral Care of Iowa, Inc.*

Self-Directed Care Addresses Personal Empowerment

The need to respect and incorporate the preferences of individuals and families is a core strategy for improving the quality and effectiveness of care. This concept is recognized by both the Institute of Medicine and the President's New Freedom Commission. It is with this concept in mind that Iowa piloted the Self-Directed Care (SDC) program, which is provided in partnership with Hope Haven, and is an extension of the Intensive Psychiatric Rehabilitation (IPR) program. Through the SDC program, consumers have the opportunity to establish a purchasing plan goal directly related to their overall rehabilitation goal. Over a period of 18 months, up to \$2,000 may be approved for plan-related expenditures.

Program Highlights

- To date, 36 participants have received approval to purchase items related to their living, learning and working goals, totaling more than \$46,000.
- Outcomes are tracked through the Recovery Assessment Scale (RAS), satisfaction surveys and other measures comparing the SDC and a control group of IPR consumers who are not participating in the SDC program.
 - The average RAS score shows an increase of nine percent for SDC program participants and six percent for IPR-only participants.
 - Across all satisfaction surveys administered at all time points, both SDC consumers and coaches reported satisfaction with the SDC program, endorsing all items with "Agree" or "Strongly Agree."
 - More SDC participants showed improvement on key success indicators (residential status, employment, and monthly earned income) in comparison to participants in IPR-only. Notably, 22 of 36 (61 percent) of SDC participants demonstrated improvement in their residential status.

Program Components

- **Person-Centered Planning:** Individuals identify goals, services and supports they need to achieve them.
- **Life Coaches:** An independent coach helps the consumer develop a life plan and arrange the supports and services required to make the plan successful.
- **Individual Budgeting:** Individuals have control over how funds are allocated for care to be spent in a variety of ways, as long as they directly help the individual achieve life plan goals.
- **Financial Management Services:** Services include budget tracking and monitoring, payroll services, bill-paying, record-keeping and cash management.
- **Expanded "Provider" Network and Services:** Participants have more flexibility over choosing both their providers and the services they receive.
- **Oversight and Quality Improvement:** A designated staff person monitors participant life plans, and performs oversight and quality assurance functions.

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