

## Emerging Best Practices in Person-Centered Services

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This presentation briefly reviews Connecticut's statewide initiative to implement person-centered planning as a critical tool in the promotion of recovery, self-determination, and community inclusion among adults with serious psychiatric disability. This initiative is collaboratively led by a wide range of stakeholders across (and beyond) the state mental health system. These stakeholders include leaders from the State's Recovery Advocacy community, administrative officials from the Department of Mental Health and Addiction Services, and faculty from the Yale Program for Recovery and Community Health. The partnerships forged in the context of this public-academic initiative have enabled Connecticut to make significant advances in moving the notion of "person-centered" care from theory to policy to practice to evaluation.

We will present detailed information regarding one primary program/mechanism which has informed our thinking and practice, i.e., our implementation of an NIMH-funded R01 which operationalizes and evaluates a model of person-centered planning and community integration. A randomized trial across two large urban mental health centers in Connecticut, this study, titled *Culturally Responsive Person-Centered Care for Psychosis*, incorporates much of what has been learned in recent years regarding the effectiveness of interventions such as self-directed wellness strategies, community integration programs, peer-support services, and collaborative treatment planning. The project targets the needs of people of color who are living with psychosis given that health disparities research and experience has shown that such individuals comprise one of the most disenfranchised populations in American medicine. While the current project focuses on this target group, we believe that its results have the potential to ultimately inform state-wide and nation-wide efforts to develop culturally-responsive, person-centered models of care and planning which aim to assist people with psychiatric disabilities in realizing full and gratifying membership in the communities of their choice. In addition to an overview of the project, peer specialists employed by the grant will speak about their experiences as "Recovery Mentors" who support and mentor participants in advance of, and during, their treatment planning meetings, and as "Community Coaches" who provide in-vivo supports to assist participants in pursuing greater community involvement and in acquiring valued social roles. While we are relatively early in the course of this 5-year program, we will present preliminary findings (both quantitative and qualitative) as well as overall "lessons learned."

The target audience for this presentation is diverse and includes policy makers, program developers, persons in recovery, researchers, direct care providers, and administrators. The intent is to provide people with innovative ideas regarding effective strategies for promoting recovery, self-determination, and community inclusion – particularly through the use of in-vivo peer support services. In addition, given time constraints, we will provide multiple practical resources to participants who desire further information on the above topics.