

## Your Rights:

- You have the right to make choices about your medical care.
- You have the right to turn down medical treatment.
- You have the right to make Advance Directives.



## Your Plan for a Medical or Psychiatric Emergency:

- **Crisis Planning**

*This is a plan of action made during Person-Centered Planning.*

- **Advance Directives**

*These are your written wishes for health care.*

- **Emergency Procedures**

*What to do in case of emergency.*

11.27.07

*Help is just a  
phone call away*

Genesee County Community Mental Health

420 W. 5th Avenue  
Flint, MI 48503

**Crisis Services** 810-257-3740

TTY 810-232-6310

Toll Free 877-346-3648

**Access Center** 810-257-3742

TTY 810-232-6310

Toll Free 877-346-3648

**Customer Services**

810-257-3705

TTY 810-257-1346



Genesee County Community Mental Health



## Planning for an Emergency



## Crisis Planning

This is a plan of action written as a part of your Person/Family Centered Planning Process. Your case manager should complete this plan with you. It should be looked at whenever your plan is changed, and following any hospital, Crisis Residential or Stabilization stay. You should get a copy of your crisis plan.

Your Crisis Plan will include:

- Your early warning signs and symptoms and triggers that may bring on a crisis.
- Who should be notified.
- Safe Places.
- Planning for your children and pets.

You have a right to a physician review if your treatment plan conflicts with your advanced directive



## Advance Directives

This is a legal paper you create of what you want done about your health care in case you are not able to make your own health care choices. There are two types of advanced directives, one for mental health and one for physical health.

The good things about having advanced directives are:

- It lets your wishes be known.
- It helps loved ones, doctors, hospitals and judges make decisions about your care when you are not able to.
- It gives you more control over your care.

The Michigan Laws that give you these rights are:

- Michigan Dignified Death Act, 1978 PA 368, MCL 333.5651, et seq, as amended.
- Michigan Do-Not-Resuscitate Procedure Act, 1996 PA 193, MCL 333.1051 et seq, as amended.
- Durable Power of Attorney and Designation of Patient Advocate Act, Part 5 of the Estates and Protected Individuals Code (EPIC), 1998 PA 386, MCL 700.5501 et seq, as amended.

**If you need help understanding the law, you may contact :**

- **GCCMH Customer Services**  
at (810) 257-3705 or TTY 257-1346
- **Legal Services of Eastern Michigan**  
436 S. Saginaw St., Flint  
(800) 339-9513

**Legal Services offers a drop in informational session at 9:30 AM on Fridays. Or you may seek help from your own attorney or any other legal service.**

## Emergency Procedures

If you think you're having any psychiatric emergency, you have several things you can do right away. You may:

- Call our Crisis Services at 810-257-3740, TTY 810-232-6310 or Toll free—877-346-3648. They can work with you through your emergency which may include meeting you in a local place or at the hospital.

After your call or a hospital stay, a CMH worker will work with you on:

- Crisis Stabilization or Crisis Residential
- Other treatment programs
- Medication needs
- Call 911 or your local police or ambulance service.
- Go to **any** hospital emergency room.

**You do not need any prior approval to use any emergency service.**