

Supporting the Peer Voice: Developing Psychiatric Advance Directives (PADs) in California

California MHSA Multi-County PADs Innovations Project

Hosted by Painted Brain and CAMHPRO

26-April 2023



Funding Source Disclaimer

- The Psychiatric Advance Directives (PADs) Multi-County Innovation Project is funded by Mental Health Service Act/Prop 63.
- The Seven Counties Participating in the Psychiatric Advance Directives (PADs) Multi-County Innovation Project are Fresno, Mariposa, Tri-City, Orange, Contra Costa, Shasta, and Monterey.
- Painted Brain and CAMHPRO will support the peer voice for the PADs project from November 2022 and ending in June 2025.

For more information visit www.PADsCA.org

Supporting the Peer Voice: Developing Psychiatric Advance Directives (PADS) in California

- The Multi-County Innovation Project is an innovations project because it seeks to create a digital PADs technology platform for peers to create their Psychiatric Advance Directives (PADs) and have it be accessible to law enforcement and crisis workers in a time of mental health or justice-involved crisis.

For more information visit www.PADsCA.org

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How would you want to be treated if you were hospitalized or experiencing a mental health crisis?

Welcome and Introductions

Welcome and Introductions

Painted Brain (PB) in collaboration with the California Association of Mental Health Peer-Run Organizations (CAMHPRO), will support the PADS Project with the peer voice through community outreach, feedback sessions, education, advocacy, and trainings.

Welcome and Introductions



Princess Kosinski



Corinita Reyes



Welcome and Introductions

The PADs Project supports the goals of system transformation that is:

- Peer-driven
- Culturally competent
- Collaborative in design through thoughtful peer engagement, participation and PADs implementation.

Welcome and Introductions

PB & CAMHPRO will support:

- The development and implementation of the PADs template
- The development of a PADs train-the-trainer curriculum
- Advocating for local and state level policies
- Supporting peers with creating their PAD

Group Agreements

Confidentiality - What is shared here stays here and what is learned here leaves here. Your opinions, lived experiences and viewpoints shared inform the development of PADs from a peer perspective but will not be directly quoted or recorded.

Step up Step Back - if you are the person who feels very comfortable sharing, take note of how often you are sharing, and consider giving time for others to share. If you tend to be a quiet participant, take a chance and “*step up*” with your idea, share your concerns, and excitement with the group.

Speak from the I – I statements are ways for people to speak for themselves and their own experiences when talking and not to speak for others unless asked to. It helps participants to speak the truth and not spread misinformation about “them,” “you,” or “us.”

Group Agreements

Peer Language – Please avoid using stigmatizing language and be prepared to meet others where they are at. People may use different language to describe themselves, but remember to stay focused on strengths and not used stigmatizing language towards others.

Personal Care – Remember to take care of yourself in the meeting as needed. Feel free to step away to take a phone call, use the restroom, stretch etc. This meeting is for you, so take care of your wellness as needed!

No Cross Talk – Please do not talk over others. If on Zoom, please mute when not speaking. Please use raise hand feature, *-6 if you are on the phone and wait to be called upon.

The Golden Rule — do unto others as you would have them do unto you i.e. treat others as you would like to be treated.

Learning Objectives

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By the end of this presentation participants will:

- Be given information about Psychiatric Advance Directives (PADs) as a tool for advance planning for mental health.
- Review how PADs are relevant to peers as a self-determination legal document.
- Be given an overview of the California MHSA Multi-County PADs Innovation Project.
- Provide peer feedback about Psychiatric Advance Directives (PADs) being implemented on a digital PADS technology platform.

Key Words

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Psychiatric Advance Directives or PADs

- A self-determination legal document allowing an individual with mental health conditions to identify their preference for treatment in advance of a crisis.

Self-determination

- When peers determine which actions and choices to make for their own lives.

Key Words

Peer

- Individuals living with mental health conditions may self-identify in various ways, including but not limited to, clients, consumers, peers, or persons in recovery.
- For the purpose of this project, a “peer” refers to someone who has been diagnosed with a mental health condition.
- For the purpose of this project, “Peer Specialists” are peers who, within their role, offer and disclose their lived experience to help others.

Key Words

Crisis

- For the purpose of this presentation, we will utilize the term ‘crisis’ to refer to a mental health or justice-involved crisis.

Advance Planning

- Developing and documenting preferred interventions and supports that can be used to support a peer during a time of potential crisis.

Peer Advocacy

- Support provided by peers with similar lived experiences or experiencing similar barriers navigating the mental health or justice system.

Key Words

PADs Technology Platform

- A user friendly and secure online tool that is interactive and offering cloud-based, real-time access to PADs by necessary stakeholders (e.g. peers, family members, crisis responders, law enforcement, hospitals, mental health professionals, etc.).
- Ability to have PADs information readily available to help inform decision making during mental health crisis or justice involved crisis.

The Peer Movement

The Peer Movement History

- The Psychiatric Survivors Movement (or more broadly Consumer/Survivor/Ex-patient Movement) arose out of The Civil Rights Movement of the late 1960s and early 1970s.
- “On Our Own: Patient Controlled Alternatives to the Mental Health System,” by Judy Chamberlin (1978).
- The Peer Movement today evolved from the Mental Health Consumer Movement (1970s): focusing on rights protection, advocacy, self-determination, self-help (personal and interpersonal help), and supportive services needs.

History of PADs

How did PADs become a legal document?

- As of 2023, PADs documents in California are unrecognized as a legal document.
- Mental health preferences can be included in the current Medical Advance Healthcare Directive.
- “Since 1990, 27 states have enacted instructional PAD statutes (Swanson, et al., 2006b).” (SAMHSA, 2019)

Substance Abuse and Mental Health Services Administration: A Practical Guide to Psychiatric Advance Directives. Rockville, MD: Center for Mental Health Services. Substance Abuse and Mental Health Services Administration, 2019.

How did PADs become a legal document?

- **PADs as a Supportive Decision Making Tool**

“Research has shown that persons who complete a PAD tend to experience significant improvement in working alliance with their clinicians, fewer coercive crisis interventions, better correspondence between preferred and prescribed medications over time, and increased perception that their personal needs for mental health services are being met (Swanson et al., 2006a; 2008; Wilder et al., 2012).”

Substance Abuse and Mental Health Services Administration: A Practical Guide to Psychiatric Advance Directives. Rockville, MD: Center for Mental Health Services. Substance Abuse and Mental Health Services Administration, 2019.

PADs Template

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Is there a person in your life, that could contact someone to support tasks such as taking care of your children or pets or to inform your job of your absence?

The PADs Template

- The PADs Template is the legal document consisting of multiple sections a peer can complete to express their preferences for treatment during a crisis.
- The PADs Template can be used to assist peers in a crisis to advocate in their own voices with family members, caregivers, first responders, hospital staff, crisis workers and other support staff (psychologist, peer supporter).
- The peer chooses what information to include and not all sections need to be completed.

The PADs Template

Sections of the PADs Template

- SUMMARY - PADs Template
- *Psychoactive Medication
- *Convulsive Treatment, ECT
- *Preferences for Emergency Treatment
- *Agents & Supporters
- *Law Enforcement & Crisis Workers
- Signature Page
- Critical physical medical conditions
- Directive if I am hospitalized
- Effective Communication and Reducing Misunderstandings
- Preferences Regarding Treatment Facilities
- My Choices Regarding Experimental Studies and Drug Trials
- Housing
- Employment
- Education
- IN PROGRESS - Gender Affirming Treatment
- IN PROGRESS - Reproduction Rights
- IN PROGRESS - Natural Disasters
- IN PROGRESS - Disabilities

Example - Critical physical medical conditions

Section Title	Critical physical medical conditions	
Stakeholder Review	Peers	
Direction:	<p>For each section consider who you would want to choose to share this information with during a mental health or justice involved crisis.</p> <ul style="list-style-type: none"> • Law enforcement (fire dept., police, EMS) • Hospitals (ER, psych hospital) • Justice involved (courts, judge, probation, parole, DAs, public defenders) • Providers (social workers, psychologists) • County Behavioral Health Services • Community Based Organizations (Wellness Centers, faith-based, non-profits) 	
Section	Sub-section	Notes
Critical physical medical conditions	Chronic Medical Conditions	
Critical physical medical conditions	Allergies	
Critical physical medical conditions	Prescription Medications	
Critical physical medical conditions	Over the Counter Medications	
Critical physical medical conditions	Dietary Restrictions or Special Needs	
Critical physical medical conditions	Wellness Tools for Physical Medical and Chronic Conditions	

Example - Effective Communication and Reducing Misunderstandings

Section Title	Effective Communication
Stakeholder Review	Peers
Direction:	<p>For each section consider who you would want to choose to share this information with during a mental health or justice involved crisis.</p> <ul style="list-style-type: none"> • Law enforcement (fire dept., police, EMS) • Hospitals (ER, psych hospital) • Justice involved (courts, judge, probation, parole, DAs, public defenders) • Providers (social workers, psychologists) • County Behavioral Health Services • Community Based Organizations (Wellness Centers, faith-based, non-profits)
Section	Sub-section
Effective Communication and Reducing Misunderstandings	Things that will help people communicate with me
Effective Communication and Reducing Misunderstandings	Things that will make communication more difficult
Effective Communication and Reducing Misunderstandings	Supporter (peer) for legal proceedings
Effective Communication and Reducing Misunderstandings	Supporter (peer) for legal representation
Effective Communication and Reducing Misunderstandings	Supporter (peer) for any mental health evaluation connected with a legal proceeding (applicable for conservatorship and competency)
Effective Communication and Reducing Misunderstandings	Things that may help me access court proceeding

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*How would you want to see
Psychiatric Advance Directives
(PADs) implemented in California?*

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Key Deliverables

- Peer Feedback - To listen and gather input on how to make Psychiatric Advance Directives (PADs) accessible to most peers on a digital platform.
- Advocacy - To create a list of priorities to take to the regional and state levels. Apply learning and advocacy tools to implement the developed priorities and goals.
- Training - Develop a train-the-trainer curriculum and train peer staff in project counties to support peers with creating their PAD.

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The Peer Voice

Psychiatric Advance Directives (PADs) support peers with advanced crisis planning as a tool for peers to express in their own voice, their choices for how to engage if a peer were to experience a mental health or justice involved crisis.

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The PADs Project and Peers

By the end of the PADs Project, peers will have enhanced their autonomy and self-determination in California's mental health system through the Project's education, advocacy, and outreach efforts by having the choice to create their own PAD.

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How do you feel about PADs being created using the digital PADs Technology Platform?

Reflection Questions

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If you were hospitalized today, what would you want to communicate to law enforcement, healthcare workers or crisis workers so they know how to best support you?

How to Participate in PADS Project

How to Participate in PADs Project

Do you live in one of the following counties?

- Fresno County
- Mariposa County
- Orange County
- Contra Costa County
- Shasta County
- Monterey County
- Tri-City Mental Health (Pomona, Claremont, and La Verne)

How to Participate in PADS Project

LEAD Conference

- Peer Advocacy Conference hosted by CAMHPRO
 - **Date:** Monday 12-June and Tuesday 13-June
 - **Location:** Sacramento, California
 - **Register Here:**
<https://camhpro.org/event-registration-step1-peer-support-organization.html?eventid=39>

Contact Information

For more information:

Email - PADs@PaintedBrain.org

Website – www.PADsCA.org

Thank you!

