



Consumer Council System of Maine
A Voice for Consumers of Mental Health Services

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CCSM Mental Health Advanced Directives Concept Draft

This concept draft attempts to address the need in Maine for education and technical assistance to offer the option for peers to draft their own mental health advanced directive in case it is needed in a time of distress. This should be a policy priority for the Office of Behavioral Health to work in collaboration with the CCSM to engage peers and providers to assist in the drafting and notarizing of their mental health advanced directive. This returns the power to the person versus others speaking on their behalf. General medical advanced directives have been in place for a long period of time and work well to keep a person's wishes for their care in place.

What is an advance directive? It is a written document that expresses your wishes in advance about what types of treatments, services, and other assistance you want during a personal mental health crisis. A directive provides a clear statement of your medical treatment preferences and other wishes or instructions. You can also use it to grant legal decision-making authority to another person to be your advocate and agent until the crisis is over.

What Are The Benefits Of Having An Advance Directive?

A psychiatric advance directive can:

- Promote your autonomy and empowerment;
- Enhance communications between you, your doctor, treatment team and family;
- Protect you from ineffective, unwanted or possibly harmful treatment or actions;
- Help prevent crisis situations and reduce the use of involuntary treatment or safety interventions, such as restraint or seclusion.

Here is a link to Advance Directives for Mental Health Care from Disability Rights Maine:

<https://drme.org/resources/advance-directives-mh>

We would like to hear from you!

To submit feedback, ideas or a personal story relating to this issue statement, please send to the CCSM either by mail at: 219 Capitol St. Suite 7 Augusta, ME 04330 or email at vmccarty@maineccsm.org

DEADLINE TO RESPOND: July 14, 2021