

Psychiatric Advance Directive

Sacramento Mental Health Board Ad Hoc Committee

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Introduction

In 2006, the Center for Medicare and Medicaid Services (CMS) stated that a Psychiatric Advanced Directives (PADs) should be a standard and integral part of psychiatric care. Since the 1990's several states enacted laws and policies recognizing PADs. The problem was PADs were often written with a focus on physical health with little attention to psychiatric health plans, arrangements or instructions to assist in the event of a mental health crisis.

In 2019 three counties in California explored ways to initiate PADs to improve the response to individuals in crisis from law enforcement and physical and behavioral health workers. At the time, only Fresno County was able to obtain approval for the project and then soon thereafter Covid-19 pandemic hit and efforts in this regard came to a standstill.

Introduction

In June 2021, five counties in California with MHSA funding came together to move PADs to the forefront to form the Multi-County PADs project which sought to make PADs accessible to our mental health consumers along with first responders and hospitals, both emergency departments and inpatient psychiatric units. Our committee has learned that the project is open to additional counties upon approval by their respective Board of Supervisors.

Primary Purpose

“Increases the quality of mental health services”

By using PADs, consumers gain autonomy and self-determination by making an informed decision regarding their mental health care, support, and services in advance of a crisis. This county-wide project will create the basis for community collaboration by creating PAD teams, standardizing PAD methodology, engaging clients and non-engaged consumers and evaluating the PAD process, its success, and need for improvement.

Proposed Project

This Project 'Innovations Project' plans to:

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1. Engage consumers and the community including first responders, hospitals, and judicial system through training and education.
 2. Create standardized training for understanding, accessing, and implementing PADs throughout the community.
 3. Create a standardized PAD template.
 4. Train the trainers.
 5. Involvement with legislation to promote PADs.
 6. Create a statewide PADs tech platform.
 7. Evaluation.

Definition

“Psychiatric advanced directives are relatively new legal instruments that may be used to document a competent person’s specific instructions or preferences regarding future mental health treatment. PADs are used for the possibility that someone may lose the capacity to give or withhold informed consent to treatment during acute episodes of psychiatric illness.” It is a way to protect a person’s autonomy and ability to self-direct care in advance of a crisis.

Some Benefits

- Improve outcomes, improve treatment satisfaction and reduce recidivism in jail or hospitalization.
- Offer greater self-determination, less victimization and more community integration.
- Completing a PAD can increase trust within mental health care services.
- Encourage consumers to predetermine their treatments for times of future mental health crisis.
- Create a standardized PAD template.

Research

- Research has shown that consumers who have executed PADs express and endorse feelings of self-determination, autonomy and empowerment and have less negative coercive treatment experiences.

This is particularly important because a person's fear of coercive treatment interventions, such as hospitalization, reduces their willingness to interact with the mental health system and engage in treatment.

Collaborative

- Five Counties (Fresno, Mariposa, Monterey, Orange and Shasta) in collaboration with Concepts Forward Consulting, are seeking approval from MHSOAC to use Innovation Funds to develop the infrastructure for sustainable PADs usage in California. And it appears that Contra Costa and the Tri-City are in process of joining in the Collaborative.
- The five (5) counties and CFC will seek to partner with stakeholders, advocacy groups, consumers and peers with lived experience.
- Develop a standardized PAD template, training resources and a “toolkit”, PAD accessibility platform, and recommendations for statewide PAD legislation, policy and procedure.

Budget

For PAD Innovation Project

- Proposed budget would be comparable to Fresno County's budget of \$500,000. Fresno and Sacramento Counties are similar in population.
- Fresno population 1,013,581 Sacramento population 1,588,921. Both are considered Large Counties in California.
- **It is not the role of the MHB to draft budgets for INN-projects. Typically, the MHSA Coordinator, Administrator and/or Consulting Contractor works on a draft plan including the budget.**

Conclusion

- It is a 4-year plan.
- We are recommending Sacramento County join the Multi-County Collaborative.
- Let's join those counties that are already moving forward in this project. The other alternative is to proceed on our own, losing the benefit of what's already been done, and incurring unnecessary time and cost.
- We don't need to reinvent the wheel on this long overdue need.