



# NorthCare News

## Advance Directives: What does this mean for consumers of mental health services?

### WHAT IS AN ADVANCE DIRECTIVE?

An Advance Directive is a written instruction such as a living will or durable power of attorney for healthcare. The Durable Power of Attorney (DPOA) allows a person to appoint a patient advocate to manage their healthcare needs when they are not able to do so. The legal authority for an Advanced Directive is established in Michigan state law in Public Act 386, the Estate and Protected Individuals Act.

### THERE HAVE BEEN RECENT CHANGES IN THE LAWS ABOUT ADVANCE DIRECTIVES. HOW DO THEY AFFECT ME?

New language has been added to Public Act 386 of 1998 and now it reads: "An individual 18 years of age or older who is of sound mind at the time a Patient Advocate designation is made may designate in writing another individual who is 18 years of age or older to exercise powers concerning care,

custody, and medical or mental health treatment decisions for the individual making the Patient Advocate designation."

This new language allows individuals who experience chronic mental illness to direct their treatment if they are incapacitated and unable to do so for themselves.

### WHY SHOULD I CREATE AN ADVANCE DIRECTIVE?

It is your choice whether or not to create an Advance Directive. Your local community mental health agency can assist you in developing a plan. In an advance directive, you will name a patient advocate who will help manage your mental health care needs when you cannot do so. The Advance Directive will not qualify for any physical illnesses, accidents or terminal illness.

### WHO WOULD HELP ME CREATE THIS DOCUMENT?

Your primary worker at the Community Mental

Health agency where you receive services can help you write your Advance Directive.

### WHAT FORM DO I USE FOR MY ADVANCE DIRECTIVE?

There is no single form required by Michigan law. However, the community mental health agencies have worked together and developed a form to assist consumers in writing a crisis plan. This form, known as "My Plan for Difficult Times" is being updated to meet the legal requirements of the laws.

### HOW CAN I LEARN MORE ABOUT THIS SUBJECT?

The actual Advance Directive policy and references are available on the NorthCare website [www.northcare-up.org](http://www.northcare-up.org). A copy of the form, "My Plan for Difficult Times" is also available there. If you have any questions, please call us at 1-888-333-8030.

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**We're on the web:**  
[www.northcare-up.org](http://www.northcare-up.org)

## NorthCare Announces Changes in Access to Medicaid Substance Abuse Services

Effective on June 1, 2005 NorthCare will provide all authorizations for any Upper Peninsula Medicaid recipient seeking Substance Abuse Services. This is a change. Previously Medicaid recipients in the counties of Baraga, Dickinson, Gogebic, Houghton, Iron, Keweenaw, and Ontonagon, were managed through the Western Upper Peninsula Substance Abuse Services (WUPSAS).

During the month of May, 2005 Medicaid recipients in these seven counties may begin to contact the NorthCare CDR regarding how and where to access Substance Abuse services. The phone number is 1-800-305-6564. After June 1, 2005 all Medicaid recipients seeking substance

abuse services will be directed to the NorthCare CDR.

Medicaid recipients who are seeking outpatient services (individual, family, and/or group sessions) may go directly to the outpatient Medicaid provider of their choice. The provider will coordinate the authorization process with the NorthCare CDR. For a list of eligible Medicaid providers, please call 1-800-305-6564.

Medicaid recipients who are seeking more intensive services (that is other than outpatient), will need to contact the NorthCare CDR for a screening and level of care placement decision.

As we make these changes, the following NorthCare staff are available to answer any questions.

Jan Grim, NorthCare CDR  
Administrative Assistant  
1-800-305-6564

Sally Olson, NorthCare  
Member Services Specialist  
1-888-333-8030

Cyndi Shaffer, NorthCare  
Chief Operating Officer  
1-888-333-8030



If I can stop one heart  
from breaking,  
I shall not live in vain.  
If I can ease one life the  
aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain.

Emily Dickinson

# NorthCare Network's Substance Abuse Providers

**Bay Mills Substance Abuse**  
Brimley (906) 248-3204

**Bell Behavioral Services**  
Marquette (906) 249-9002

**Community Substance Abuse**  
Kingsford, (906) 774-7511

**Great Lakes Recovery**  
Gwinn (906) 346-7410  
Iron Mountain (906) 774-2561  
Iron River (906) 265-9911  
Ironwood (906) 458-2890  
Marquette (906) 228-6564  
Ontonagon (906) 265-9911  
Sault Ste. Marie (906) 632-9809

**Hannahville Indian Comm.**  
Wilson (906) 466-9228



**Keweenaw Bay Indian Comm.**  
L'Anse (906) 524-4411  
Baraga (906) 353-8121

**LMAS District Health Dept**  
Manistique (906) 341-4120  
Munising (906) 387-3210  
Newberry (906) 293-5107  
St. Ignace (906) 643-1103

**LacVieux Desert Behav. Health**  
Watersmeet (906) 358-0252

**Marquette Gen. Health System**  
Escanaba (906) 789-1596  
Hancock (906) 487-9377  
Marquette (906) 225-3994

**Phoenix House**  
Calumet (906) 337-0763

**Public Health Delta/ Menominee Alcohol & Other Drug Services**  
Escanaba (906) 786-9639  
Menominee (906) 863-7875



*Learn wisdom from the ways of a seedling. A seedling which is never hardened off through stressful situations will never become a strong productive plant.*  
*Stephen Sigmund*

## Make a Difference in Substance Abuse Treatment

The Substance Abuse Community is interested in your input about Substance Abuse Services. With your input we can improve services to better help you and others who may experience Substance Abuse problems.

Below is a list of dates of the Oversight Council Meetings with public comment. Please attend any meeting. Your input is appreciated.

- April 28, 2005-Newberry, MI
- July 28, 2005- Sault St. Marie, MI
- October 27, 2005-Marquette, MI

If interested in attending call (906) 228-2572 for information on location and times.

If you would be interested in serving on a Member Service committee please call: 1-888-333-8030 and talk to Sally Olson.

NorthCare Network  
200 West Spring St.  
Marquette, MI 49855  
Phone: 1-888-333-8030  
Fax: 1-906-225-5149



*The one thing we know for sure is that everything changes. Due to funding issues over the past few years, Community Mental Health agencies have had to change focus. In today's world, their services are geared to serve individuals that have the most severe disabilities and those in crisis situations.*

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200 West Spring St.  
Marquette, MI 49855  
Phone: 1-888-333-8030  
Fax: 1-906-225-5149