

Person Centered Care Planning

Passion to Purpose, Progress to Practice

Purpose: Last but not least, person-centered care planning (PCCP) is driven by the recognition that mental health systems have, for too long, enabled a legacy of low expectations for people living with mental health challenges. In this sense, the final “P” of person-centered care planning is its steadfast focus on purpose. In the early phase of recovery the right support is needed to navigate the twists and turns of the journey. However PCCP goes far beyond the reduction of hospitalisation or the maintenance of clinical stability, it holds high expectations for meaningful individual outcomes across a broad range of quality of life areas and achieving ones potential. People receiving mental health services essentially want, and deserve, the same things out of life as anyone else –a home, family, faith, health, etc. People want to **thrive** in their recovery, not just **survive** their illnesses, and PCCP is one tool we can use to help people in this process.



The fruit of a tree falls to its root.

Croatian Proverb

What a meaningful life looks like to the individual will determine what that person needs to thrive and flourish. So not only does it take various shapes and forms due to the personal needs and strengths of the individuals, but even for the same individual it will depend where they are on their recovery journey. So no one size fits all, we might find ourselves asking: is there enough water or too much, do the roots need airing, do we need a trellis or protection from the frost or is it time to stand back and give space for growth.

The beliefs in which the practitioners practice is rooted will have a considerable impact on how the tree flourishes and which fruits it will bear.

Good tree makes good fruit.

Italian Proverb



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