



# The Person-Centered Approach to Behavioral Health Care



These resources can help you  
**learn more**  
about Person-Centered Care and  
**take action.**

## Learn More

### **SPARK Talks: Person-Centered Approach in Behavioral Health Care**

<http://sparktalks.sprc.org>

Speaker: John Draper, PhD, Director, Suicide Prevention Lifeline Network. (2014).

SPRC's SPARK Talks are **Short, Provocative, Action-oriented, Realistic, and Knowledgeable** videos of leaders in the suicide prevention movement who describe a new development or direction in the field that can have an impact on the burden of suicide.

### **Recovery to Practice: Bridging People, Knowledge, Tools, and Experience**

<http://media.samhsa.gov/recoverytopractice/>

Author: Substance Abuse and Mental Health Services Administration (SAMHSA). (2014).

This page on the SAMHSA website provides links to many resources on the recovery approach to behavioral health care. Included are research, articles, archived webinars, training materials, personal stories, and a community forum for discussion.

### **Crisis Services: Effectiveness, Cost-Effectiveness, and Funding Strategies**

<http://store.samhsa.gov/shin/content//SMA14-4848/SMA14-4848.pdf>

Author: Substance Abuse and Mental Health Services Administration (SAMHSA). (2014).

This report summarizes the current evidence base on the clinical effectiveness and cost-effectiveness of different types of crisis services. It also presents case studies of different approaches being used by states to coordinate, consolidate, and blend funding sources to provide better crisis services.

### **The Top Ten Concerns about Person-Centered Care Planning in Mental Health Systems**

<http://www.ijpcm.org/index.php/IJPCM/article/view/132>

Authors: Tondora, J., Miller, R., & Davidson, L. (2012). *International Journal of Person Centered Medicine*, 2(3), 410–420. (abstract only available free of charge)

Practitioners have many questions about how to implement person-centered approaches to mental health care. Based on extensive consultation and systems transformation work, this paper describes the top 10 concerns often raised by those providing services and addresses them in the context of the provision of recovery-oriented care.

## Take Action

### National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

1-800-273-TALK (8255)

This free and confidential national crisis line is for anyone who needs emotional support and is available by phone 24 hours a day, 7 days a week and via online chat from 2 p.m. to 2 a.m. The Lifeline's website contains information on suicide prevention as well as instructions on how to get help if someone is suicidal, a tool to find local crisis centers, and a section with ideas of how to "Get Involved" with helping the Lifeline and crisis centers.

### Reframing Psychology for the Emerging Healthcare Environment: Recovery Curriculum for People with Serious Mental Illnesses and Behavioral Health Disorders

<http://www.apa.org/pi/mfp/psychology/recovery-to-practice/training.aspx>

Author: Recovery to Practice Initiative. (2014, August).

This curriculum is designed to provide psychologists and other mental health professionals with a comprehensive training program in mental health recovery-oriented principles and practices, including person-centered planning. The goal is to help people with serious mental health disorders recover and achieve their full functional capability. Access to the free curriculum is determined by members of the APA Recovery to Practice team and may be requested by completing the application available when you click on "Request a complimentary copy" on the webpage above.

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**Suicide Prevention Resource Center**

SPARK Talk Website: <http://sparktalks.sprc.org>

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