

## Match Summary

Name of Match:	<b>Funding of Self Directed Care and Recovery Supports</b>
Location of Match:	Barat House, 885 Centre Street, Newton Campus, Boston College, Massachusetts, USA
1. Brief summary of the outcomes of your match	
<p>Self-direction situates the participant at the center of an individual service planning and budgeting process. It is a model for financing services and supports in which participants manage or direct a flexible budget with support from a specially trained broker, often a peer with lived experience of the mental health system. Evidence suggests that self-direction can improve recovery outcomes while keeping costs similar to those of traditional arrangements. Participants attending the Self-Direction and Recovery Learning Exchange identified five themes as the critical areas needing additional attention and research: (1) achieving culture change in support of self-direction; (2) ensuring the full participation of service users through innovation in peer support; (3) obtaining sustainable funding; (4) addressing barriers for the implementation of self-direction including budget setting, mitigating fraud and abuse, and planning for episodic conditions; and (5) exploring self-direction as a promising solution to some of the wider challenges facing the mental health system.</p> <p>Participants identified three major areas where more attention and energy is needed: (1) Creating a culture shift for value-based system change. Self-direction is an arrangement that changes power relationships, not just a program. Self-direction should be driven by needs and resources, not the boundaries of funding or policy structure. Culture shifts require training and re-training. (2) Stakeholder communication should involve a mix of stories from diverse individuals and data. (3) People with lived experience should be involved and supported at every level, including direct support, leadership, and oversight.</p>	
2. Resources used in your match	
<p>Resources for the match were two-fold:</p> <p>(1) a matrix comparing and contrasting program elements across seven nations, including: eligibility criteria, budget setting and scope, role of peers, funding mechanisms and person-centered planning approach, and</p> <p>(2) seminal articles from all nations that summarize the characteristics of the programs.</p>	
3. Brief description of how your match has accelerated change towards mental health, well-being and inclusion	
<p>This match brought together 45 people from seven nations. These people included many implementing self-direction and many with lived experience. This was probably the largest gathering ever of experts on this subject. Most of these people had never met.</p> <p>Prior to arriving in Boston, participants provided detailed feedback on what they hoped to get out of these meetings. We used the five themes that emerged from this feedback to organize small group discussions and deliberations, and then reached some consensus on issues that were salient within the groups. The informal networking is as important as the formal meetings. A number of participants were new to the idea of self-direction, and they were engaged to the fullest.</p>	

#### 4. Brief description of how your match has built leadership for the future

Participants unanimously expressed an interest in, and a need for, continuing learning exchanges, even if they were only virtual. Charlie Barker Gavigan from Social Care Ideas in Scotland graciously offered to utilize their existing Sherpa platform as the forum host (as they already have a mandate to foster international collaboration), and to take the lead in future exchanges on self-direction in behavioral health. For this to continue and grow additional funding would be needed. Five participants volunteered to work with Charlie Barker-Gavigan to develop, grow and coordinate the learning platform to improve ways in which knowledge, practice, understanding and evidence is used by peers, individuals, carers, practitioners, managers, planners, politicians, local and national government officials to deliver and support better personal outcomes with people and communities. For additional information contact Charlie at [charlie@socialcareideas.org.uk](mailto:charlie@socialcareideas.org.uk).