

CA:tCH Plans

Why would I use a CA:tCH Plan?

Everyone needs help sometimes. Your community is here to CA:tCH you if you fall.

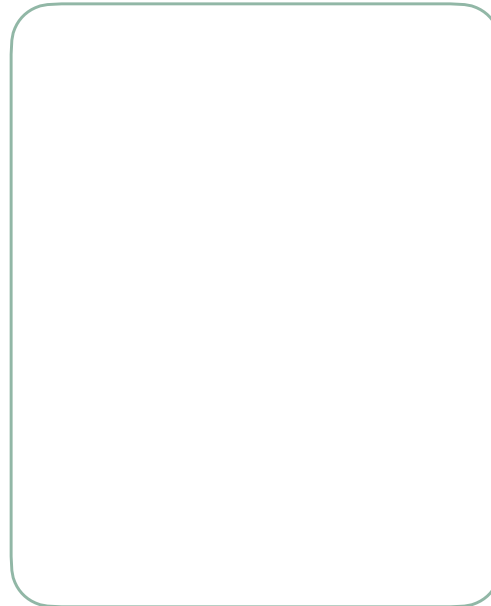
You can create a plan with a trusted facilitator to help caregivers, doctors, therapists, police or emergency service personnel know how to help you in times of crisis.

You may want to create a safety plan if you are:

- Having thoughts of suicide
- Struggling with mental illness or addiction
- Worry that you may harm yourself or others
- At risk for an overdose
- Have mental health challenges that put you at risk for hospitalization

When would my CA:tCH Plan be used?

Your plan can only be accessed if you give permission OR in a time of crisis by people who are CA:tCH partners *and* part of your care team.



Who can help me make a CA:tCH Plan?

Any CA:tCH Partner Agency can connect you with a person trained to help you create a plan.

CA:tCH Plans

***Everyone needs help sometimes.
Your community is here to CA:tCH
you if you fall.***



CA:tCH Plans are personal safety plans where you can share how you would like support in a time of crisis with community partners in Ashland and Bayfield Counties.

CA:tCH Plans How do they work?

Who will have access to my plan?

Only people at CA:tCH partner agencies who are part of your care team or care at the time of a crisis will have access to your plan. Only some staff at each agency have been trained and are authorized to use the plans.

CA:tCH Partner Agencies are located in Ashland and Bayfield Counties, they include:

- County Health and Human Services
- Medical and Behavioral Health Providers
- Police and Sheriff's Department
- School District(s)

A specific list of agencies can be viewed in the Release of Information (ROI).

What is the ROI?

The ROI (Release of Information) is a document you sign that gives permission to share your CA:tCH Plan with CA:tCH Partners who may be part of your care team in a time of crisis. It also gives permission for CA:tCH Partners to contact the people you identified as supports such as family member or caregiver. Without the ROI, CA:tCH Plans cannot be used.

What is in the plan?

You decide what gets added to the plan that will help you in a time of crisis. To help community partners assist you the plan will include:

- Your name, address, and contact information
- What it looks like if you are struggling
- What helps to make things better
- Who and how to contact people you trust to help
- Who not to contact

Where will my plan be kept?

Plans will be stored securely in an online system available 24 hours a day called the WISHIN/CA:tCH Portal. WISHIN is a statewide patient health information exchange organization that works with health care providers to safely store health records. They have designed a system for our community to store CA:tCH Plans.

The WISHIN /CA:tCH Portal will also store your contact and demographic information.

What if I want to change or remove my plan?

- If your needs change you can update or remove your plan from the system.
- After one year your plan will expire and be removed from the system unless you choose to renew your plan
- To remove your plan you can contact your plan facilitator or any CA:tCH Partner.
- Plans will not be removed during a time of crisis.

I already have a safety plan with another organization, what is different about this one?

CA:tCH Plans come with a Release of Information (ROI) that allows other community partners to see and use your plan in a time of crisis.

