



# CA:tCH

Chequamegon

Accountable

the Community for Health

## *Introducing Plans: A primer*

When introducing a CA:tCH Plan to a participant for the first time, some questions will inevitably come up. While the brochure provides extensive answers to most questions participants will have, it can be helpful to have a guide on hand to support facilitators as they explain the nuances of these plans to participants.



## *Why is a CA:tCH plan useful?*

“I’m going to give you a brochure that explains all of this in full, but I also want to go over it together. This is a plan that we can create that helps caregivers, doctors, therapists, police, or emergency personnel know how to help you in times of crisis. This plan can be a good idea if you are ever having thoughts of suicide, struggling with distress, if you ever worry that you may harm yourself or others, if you think you could be at risk for an overdose, or if you have mental health challenges that put you at risk for hospitalization. The main thing I want to emphasize is that this is a way for you to tell us how you would like to be supported in a time of crisis.”

## *What do you mean by “us”?*

“What I mean by ‘us’ is this word CA:tCH. CA:tCH stands for Chequamegon Accountable: the Community for Health. These are organizations in Ashland and Bayfield counties that have been working together for a few years to address behavioral health needs in our community. This plan is one of the projects they’ve developed.”

# Who can see my plan?



“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. Only some staff at each agency have been trained and are authorized to use the plans. CA:tCH partners include: Ashland County Health and Human Services, Ashland County Sheriff’s Dept, City of Ashland Police Dept, Memorial Medical Center, NorthLakes, and possibly others down the line.”

# What happens next?

“After we complete the plan, I’m going to ask you to sign an ROI. An ROI stands for release of information. It 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.”



## *But I already have a safety plan...*

“There might be some overlap between this plan and other safety plans you’ve completed. The difference with this one is a Release of Information (ROI) that allows other community partners to see and use your plan in a time of crisis.”

## *How do other agencies see the plan?*

“We’ll complete the plan together, and then it will be stored online on something called the WISHIN/CA:tCH portal. This is a secure, online system that will allow partners to access your plan in the event of a crisis. This plan will be good for one year. But even before that, there may be things that you want to change, update, or remove from your plan. You can contact me about that at any time.”