Advance Directive for Mental Health Treatment

I, _____, being a person with capacity, willfully and voluntarily make known my wishes about mental health treatment, by my instructions to others through my advance directive for mental health treatment, or by my appointment of an agent, or both. If a guardian or agent is appointed to make mental health decisions for me, I intend this document to take precedence over other means of ascertaining my wishes and interests.

The fact that I may have left blanks in this directive does not affect its validity in any way. I intend that all completed sections be followed. I intend this directive to take precedence over any other mental health directives I have previously executed, to the extent that they are inconsistent with this document, or unless I expressly state otherwise in either document.

I understand that I may revoke this directive in whole or in part if I am a person with capacity. I understand that I cannot revoke this directive if one qualified mental health professional and one mental health treatment provider find that I am an incapacitated person, unless I successfully challenge the determination of incapacity.

I understand there are some circumstances where my provider may not have to follow my directives, specifically, if the treatment requested in this directive is infeasible or unavailable, the facility or provider is not licensed or authorized to provide the treatment requested or the directive conflicts with other applicable laws.

I thus do hereby declare:

I. DECLARATION FOR MENTAL HEALTH TREATMENT

If a mental health treatment provider and a qualified health care professional, one of whom is my primary health care professional, if reasonably available, determine that my ability to receive and evaluate information effectively or communicate decisions is impaired to such an extent that I lack the capacity to refuse or consent to mental health treatment and that mental health treatment is necessary, I direct my primary care health professional and a mental health treatment provider, pursuant to the Mental Health Care Treatment Decisions Act, to provide the mental health treatment I have indicated below by my signature.

I understand that "mental health treatment" means services provided for the prevention of, amelioration of symptoms of or recovery from mental illness or emotional disturbance, including but not limited to electroconvulsive treatment, treatment with medication, counseling, rehabilitation services, or evaluation for admission to a facility for care or treatment of persons with mental illness, if required.

Preferences and Instructions About Treatment, Facilities, and Physicians

I would like the Physician(s) named below to be involved in my treatment decisions:

Dr._____ Contact Information_____

Dr._____ Contact Information_____

I do not wish to be treated by Dr._____

Other Preferences:_____

Preferences and Instructions About Other Providers

I am receiving other treatment or care from providers who I feel have an impact on my mental health care. I would like the following treatment provider(s) be contacted when this directive is effective:

Name:_____ Profession:_____

Contact Information: _____

Name:_____ Profession:_____

Contact Information: _____

Preferences and Instructions About Medications for Mental Health Treatment (initial and complete all that apply).

_____ I consent, and authorize my agent to consent, to the following medications:

_____

_____ I do not consent, and I do not authorize my agent to consent, to the administration of the following medications:

_____

_____ I am willing to take the medications excluded above if my only reason for excluding them is the side effects, which include _____, and these side effects can be eliminated by dosage adjustment or other means.

_____ I am willing to try any other medications the hospital doctor recommends.

_____ I am willing to try other medications my outpatient doctor recommends.

_____ I do not want to try other medications.

Medication Allergies:

I have allergies to, or severe side effects from, the following:

I have the following other preferences or instructions about medications:

_____

_____

Preferences and Instructions About Hospitalization and Alternatives: (initial all that apply and, if desired, rank "1" for first choice, "2" for second choice, and so on)

_____ In the event my psychiatric condition is serious enough to require 24 hour care and I have no physical conditions that require immediate access to emergency medical care, I prefer to receive this care in programs/facilities designed as alternatives to psychiatric hospitalization.

_____ I would also like the interventions below to be tried before hospitalization is considered:

_____ Calling someone or having someone call me when needed.

Name:_____ Telephone:_____

_____ Having a mental health service provider come to see me

_____ Going to a crisis triage center or emergency room

_____ Staying overnight at a crisis respite (temporary) bed

_____ Seeing a provider for help with psychiatric medications

_____ Other, specify: _____

Authority to Consent to Inpatient Treatment

I consent, and authorize my agent to consent, to evaluation for admission to inpatient mental health treatment. (Sign one).

_____ If deemed appropriate by my agent and treating physician

_____Signature

or

_____ Under the following circumstances (specify symptoms, behaviors or circumstances

that indicate the need for hospitalization)_____

_____Signature

_____ I do not consent, or authorize my agent to consent, to evaluation for admission to inpatient treatment.

_____Signature

Preferences and Instructions About Use of Seclusion or Restraint

I would like the interventions below to be tried before the use of seclusion or restraint is considered (initial all that apply).

_____ "Talk me down": one-on-one

_____ More medication

_____ Time out/privacy

_____ Show of authority/force

_____ Shift my attention to something else

_____ Set firm limits on my behavior

_____ Help me to discuss/vent feelings

_____ Decrease stimulation

_____ Offer to have neutral person settle dispute

_____ Other, specify_____

If it is determined that I am engaging in behavior that requires seclusion, physical restraint and/or emergency use of medication, I prefer these interventions in the order I have chosen (close "1" for first choice, "2" for second choice, and so on).

_____ Seclusion

_____ Seclusion and physical restraint (combined)

_____ Medication by injection

_____ Medication by pill or liquid form

In the event my physician decides to use medication in response to an emergency situation after due consideration of my preferences and instructions for emergency treatments stated above, I expect the choice of medication to reflect any preferences and instructions I have expressed in this directive. The preferences and instructions I have expressed in this section regarding medication in emergency situations do not constitute consent to use of the medication for non-emergency treatment.

Preferences and Instructions About Electroconvulsive Therapy

My wishes regarding electroconvulsive therapy are (sign one):

_____ I do not consent, nor authorize my agent to consent, to the administration of electroconvulsive therapy.

_____Signature

_____ I consent, and authorize my agent to consent, to the administration of electroconvulsive therapy:

_____Signature

_____ I consent, and authorize my agent to consent, to the administration of electroconvulsive therapy, but only under the following conditions:

_____Signature

Preferences and Instructions About Who is Permitted to Visit

If I have been admitted to a mental health treatment facility, the following people are not permitted to visit me there:

Name: _____

Name: _____

Name: _____

I understand that persons not listed above may be permitted to visit me.

Additional Instructions About Me Mental Health Care

Other instructions about my mental health care:_____

In case of emergency, please contact:_____

Name:_____ Address: _____

Work Telephone:_____ Home Telephone:_____

Physician: _____ Address:_____

Telephone: _____

The following may help me avoid a hospitalization:_____

_____

I generally react to being hospitalized as follows:_____

Staff of the hospital or crisis unit can help me by doing the following:_____

_____

Refusal of Treatment

_____ I do not consent to any mental health treatment.

_____Signature

I further state that this document and the information contained in it may be released to any requesting licensed mental health care professional.

_____ _____

Signature of Principal Date

_____ _____

Signature of witness Date

II. APPOINTMENT OF AGENT

If my primary health care professional and mental health provider determine that my ability to receive and evaluate information effectively or communicate decisions is impaired to such an extent that I lack capacity to refuse or consent to mental health treatment and that mental health treatment is necessary, I direct my primary health care professional and other health care providers, pursuant to the Mental Health Care Treatment Decisions Act, to follow the instructions of my agent.

I hereby appoint:

Name:_____

Address:_____

Telephone:_____ to act as my agent to make decisions regarding my mental health treatment if I become incapable of giving or withholding informed consent for that treatment.

If the person named above refuses or is unable to act on my behalf, or if I revoke that person's authority to act as my agent, I authorize the following person to act as my agent:

Name:_____

Address:_____

Telephone:_____

My agent is authorized to make decisions that are consistent with the wishes I have expressed in my declaration. If my wishes are not expressed, my agent is to act in what he or she believes is in my best interest.

_____ _____

Signature of Principal Date

III. CONFLICTING PROVISION

I understand that if I have completed both a declaration and have appointed an agent and if there is a conflict between my agent's decision and my declaration, my declaration shall take precedence unless I indicate otherwise.

_____Signature

I understand that if I have completed both an advance health care directive and an advance directive for mental health treatment, that those directives should be executed as separate instructions.

_____Signature

IV. OTHER PROVISIONS

1. In the absence of my ability to give directions regarding my mental health treatment, it is my intention that this advance directive for mental health treatment shall be honored as the expression of my legal right to consent or to refuse consent to mental health treatment.
2. I direct the following concerning the care of my minor children:

   _____
3. This advance directive for mental health shall be in effect until it is revoked.
4. I understand that I may revoke this advance directive for mental health treatment at any time.
5. I understand and agree that if I have any prior advance directive for mental health treatment, and if I sign this advance directive for mental health treatment, my prior advance directives for mental health treatment are revoked.

6. I understand the importance of this advance directive for mental health treatment and I am emotionally and mentally competent to make this advance directive for mental health treatment.

Signed this _____ day of _____, 20_____.

_____

Signature

_____

County, City and State of Residence

This advance directive was signed in my presence.

_____

Signature of Witness

_____

Address of Witness