Mental health advanced directives summary sheet

You have the right to give directions about the kind of mental health care you want. But some day you may not be able to make sound decisions due to mental illness.

A mental health advance directive (MHAD) lets your family and caregivers know what you want. The MHAD is similar to an advance directive for medical care. It is a written document that tells what your treatment choices are if you can't make decisions on your own, or you can't tell them personally. It does not go into effect if you are mentally capable to make decisions and can speak for yourself.

You will need to fill out an official form for the state you live in. You can ask about mental health advance directives at any Kaiser Permanente Mental Health Department. They will give you information and MHAD forms. You may also contact someone at the organizations listed at the end of this flyer for more information and forms.

When you fill out the MHAD form, you will give instructions for mental health care. These instructions can include:

- How to appoint an agent. This is someone who will make health care decisions for you if your mental illness makes it so you can't make decisions yourself.
- What types of decisions you want made for you.
- What medications you do or do not want.
- Whether you want specific treatments, for example, electroconvulsive treatment (ECT).

The MHAD instructions are used only if you become unable to make decisions for yourself and cannot tell them to your caregivers. As long as you are capable, you can make decisions about your mental health treatment on your own. You don't need to have the help of an agent, and you don't need instructions you've given in advance.

The MHAD form is valid only if it is:
- Filled out correctly with your name, signature, and date.
- Signed and dated by two witnesses who believe you are mentally capable at the time you sign the form.

You do not need mental health advance directives to be cared for at a mental health inpatient facility. However, the law says the facility must ask you if you have one. If you have one, the inpatient facility must write the information in your chart.

You should bring a copy of your MHAD if you are being admitted to a mental health hospital. You should give a copy to the person you appoint to make decisions for you if you cannot make them on your own.

If you have a completed mental health advance directive form, please mail it to:
Kaiser Permanente
Health Information Management
10220 SE Sunnyside Road
Clackamas, OR 97015

If you are admitted to a facility under the terms of your MHAD, the law says that mental health providers must try to follow the instructions of your MHAD and your agent. However, they don't have to follow the instructions if your preferences would immediately put you or others in danger, or if they are:
- not available,
- against hospital policy, or
- in violation of state or federal law.

If you are hospitalized against your will or if you are in jail, your MHAD may not be honored fully.

For more information about mental health advance directives, contact one of these organizations:

**National Alliance for the Mentally Ill**
Web site .................................. www.nami.org
Oregon state .................. 1-800-343-6264 or 503-230-8009
Washington state ....... 1-800-782-9264 or 206-783-9264

**Oregon State Department of Human Services**
Web site.................. www.oregon.gov/DHS/
Phone ............................ 503-945-5763

**Washington State Department of Social and Health Services**
Web site .................. w w w 1 . d s h s . w a . g o v
Phone .......................... 1-800-737-0617