

What is an Advance Directive

An advance directive is a legally enforceable document that allows a person to specify what treatment he/she wishes to receive, or not receive, in the event that he/she later becomes unable to make treatment decisions.

Many people with mental illness are highly capable individuals who experience times when their decision making ability breaks down. It is advance planning that allows them to maintain control of their lives during these episodes of illness and to avoid mental health crises altogether. An Advance Directive offers this opportunity for planning.

Benefits of Advance Directives

There are many benefits of developing and utilizing an Advance Directive. An Advance Directive:

- Preserves the dignity and self-determination of individuals with mental illness.
- Provides an opportunity for mental health consumers to voice their desires and take active responsibility for their treatment.
- Promotes a cooperative working relationship between mental health consumers and providers.
- Allows family and friends to better support a mental health consumer in crisis.
- Encourages individualized care in which a consumer can specify:
 1. Types of medications that are helpful or harmful
 2. Who should be notified or allowed to visit if a person is hospitalized
 3. What arrangements need to be made to care for children or pets
 4. What type of treatment has been helpful in the past
 5. Many other things

How Do I Put Together an Advance Directive

To develop your individual Advance Directive:

- Read the law on line at <http://www.leg.wa.gov>. Follow the links to Laws & Agency Rules. Look under the Revised Code of Washington for RCW 71.32.
- Talk with your case manager, therapist or psychiatrist
- Call your Bridges Mental Health Ombuds Service: 1-888-377-8174
- Contact the Peninsula Regional Support Network:

614 Division Street MS-23
Port Orchard, WA 98366-4676
(360) 337-4604 or
1-800-525-5637
- Call the Division of Behavioral Health and Recovery Office of Consumer Affairs: (360) 725-1353



Complaints related to following directives for psychiatric care may be filed with the compliance section of the Division's Compliance Officer : (360) 725-1039.

Authorized PRSN Community Mental Health Providers

(Crisis services are available 24 hours a day, 7 days a week.
For non-crisis hours of operation, please contact the individual
Mental Health Provider at its local number).

East Clallam County

Peninsula Community Mental Health Center
118 East 8th Street
Port Angeles, WA 98362
360-457-0431 Services
360-452-4500 Crisis



West Clallam County

Forks Community Hospital – West End
Outreach Services
530 Bogachiel Way
Forks, WA 98331
360-374-6177 (Services or **Crisis**)



Jefferson County

Jefferson Mental Health Services
884 W Park
Port Townsend, WA 98368
360-385-0321 or 800-659-0321 (Services or **Crisis**)



Kitsap County

Kitsap Mental Health Services
5455 Almira Drive NE
Bremerton, WA 98311-8330
360-373-5031 TDD 360-478-2715
Emergency Services 360-373-3425
Crisis Clinic 360-479-3033 or 800-843-4793
From North Kitsap 360-535-5400
From Bainbridge Island 206-694-4655



PRSN Administration Offices
614 Division Street, MS-23
Port Orchard, WA 98366-4676
360-337-4604 FAX 360-337-5721
Toll Free 1-800-525-5637

Peninsula Regional Support Network

*Community Mental Health Services in
Clallam, Jefferson & Kitsap Counties*

Advance Directives For Psychiatric Care



Administered by the Kitsap County
Department of Personnel & Human Services