

# Advance Directive Resources

You are the expert on your own health care, but what happens if you become too ill or injured to make or communicate your decisions? Who makes the decisions then? An Advance Directive allows you to put in writing your choices about health care and decision-making now so that if you are ever unable to make or communicate these decisions your wishes will be known and followed.

There are several options when completing an Advance Directive. You can decide who will make decisions for you if you cannot do so for yourself. You can put in writing the kind of care you would like to receive if you have a terminal illness. You can decide now what medical and psychiatric treatments and providers you like and don't like. Outside of your Peer-to-Peer Course, there are additional resources in the community for you to use. Please review the below list for some good starting points.

## VOPA (Virginia Office of Protection and Advocacy)

Dana Traynham Esq., a VOPA staff attorney, has been working with consumers to develop advance directives for mental health care on a case by case basis for some time. Dana has written her own power of attorney and advance directive forms which she uses with her clients. Dana also tracks legislation related to advance directives and engages in related advocacy. Please be aware VOPA services are spread thin, she may be most useful as a resource for referrals. VOPA advance directives and power of attorney forms can be found at [http://wellnesswired.org/file\\_cabinet](http://wellnesswired.org/file_cabinet).

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## MHAV (Mental Health America of Virginia)

MHA has developed an Advance Directive online tutorial using their WellnessWired program. This Tutorial consists of a progressive sequence of screens (approximately 10-25 depending on user choices) each of which contains 1-2 instructional videos, instructional text and form fields where users input information which contributes to the end advance directive document. Form fields include personal contact info, agent details, opt in/out for agent powers, organ donation and trauma informed care. The script for the tutorial (instructional text) and forms used for final documents were created by Dana Traynham (VOPA). The tutorial is broken into two halves: power of attorney and medical directive. <http://wellnesswired.org/page/scrn1>.

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## VOCAL (Virginia Organization of Consumers Asserting Leadership)

VOCAL's WRAP (Wellness Recovery Action Plan) course is interested in integrating advance directives into WRAP classes as a natural next step in the Crisis Planning that is already part of WRAP. VOCAL closely observes advance directive activity (legislative and otherwise) and strives to provide a consumer perspective on this activity.

John Otenasek: program director for the WRAP program  
866-647-9500  
[john@vocalvirginia.org](mailto:john@vocalvirginia.org)

Bonnie Neighbour: VOCAL's chief legislative advocate  
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## The UVA-Duke Study

The University of Virginia is currently conducting a focusing on an in -depth study of the implementation of the new advanced directive law in Virginia funded by the Robert Wood Johnson Foundation and the John D. and Catherine T. MacArthur Foundation Research Network on Mental Health and the Law. This study is based off the initial results of a study conducted at Duke University.

Dr. Richard Bonnie: primary researcher on study  
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- Complete results of Duke Study on Psychiatric Advance Directives  
<http://ajp.psychiatryonline.org/cgi/reprint/163/11/1943>
- UVA article about Dr. Bonnie's research following a conference  
[http://www.law.virginia.edu/html/news/2009\\_fall/health\\_decisions.htm](http://www.law.virginia.edu/html/news/2009_fall/health_decisions.htm)
- Publicly available PowerPoint from a presentation on advance directives by Dr. Bonnie  
<http://www.virginia.edu/aginginstitute/Richard%20Bonnie%20Adv%20Dir%20Overview.ppt>

## Department of Behavioral Health and Developmental Services & Virginia Association of Community Services Boards

- Advance Directive form from Virginia code:  
[http://www.vacsb.org/images/ADVANCE\\_MEDICAL\\_DIRECTIVE\\_eff\\_Jul\\_01\\_2009.pdf](http://www.vacsb.org/images/ADVANCE_MEDICAL_DIRECTIVE_eff_Jul_01_2009.pdf)
- All of the PowerPoint presentations from the Richmond training can be found at the following address:  
<http://www.dbhds.virginia.gov/omh-mhreform.htm>
- A very brief outline of Virginia advance directive resources:  
<http://www.dbhds.virginia.gov/OMH-MHReform/091116AdvanceDirectiveResources.pdf>
- Bill tracking for Virginia advance directive code including revision tracking and links to related legal code:  
<http://leg1.state.va.us/cgi-bin/legp504.exe?091+ful+CHAP0211>
- Virginia Association of Community Services Boards Guide to Consent & Substitute Decision Making (old)  
[http://www.vacsb.org/images/Guide\\_to\\_Consent\\_06.pdf](http://www.vacsb.org/images/Guide_to_Consent_06.pdf)
- Piedmont CSB "Surrogate Decision Making, a Help Guide"  
<http://www.piedmontcsb.org/qmc/VACSB%20QMC%20Surrogate%20Decision-Making%20from%20Mark.doc>

## COMMISSION ON MENTAL HEALTH LAW REFORM

The Commission developed the new advance directive provisions of the Health Care Decisions Act. For the background and the Report of the Task Force of Empowerment and Self-Determination and the Report of the Task Force on Advance Directives, <http://www.courts.state.va.us/programs/cmh/home.html>

- Advance Directives Website of the Coordinating Committee for Promoting Use of Advance Directives by People with Mental Illness. The Coordinating Committee comprises representatives from key private organizations and public agencies as well as other individuals with specialized knowledge regarding the use of advance directives in health care, [www.advancedirectivesva.com](http://www.advancedirectivesva.com)

## Bazelon Center for Mental Health Law

Provides additional information on Advanced Directives -  
<http://www.bazelon.org/issues/advancedirectives/index.htm>

## National Resource Center on Psychiatric Advance Directives

Includes a variety of resources and information - <http://www.nrc-pad.org/>

## Caring Connections

State by state information on advance directives - <http://www.caringinfo.org/>

## Virginia State Bar

Includes a variety of resources - [http://www.vsb.org/sections/hI/add06/TOOL\\_KIT.pdf](http://www.vsb.org/sections/hI/add06/TOOL_KIT.pdf)

## National Healthcare Decisions Day

Includes additional information - <http://www.nationalhealthcaredecisionsday.org>

## Local Resources Include:

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*\*This document is not a complete resource guide but is meant to provide some information about advance directives and healthcare decision-making.*