

"PLAN worked tirelessly on solutions that we would not have found otherwise." A.K., Austin, TX



Who Does PLAN Serve?

PLAN serves adults with severe mental illnesses such as schizophrenia, schizoaffective disorder, major depression, bipolar disorder, and other anxiety, mood and cognitive disorders. PLAN membership is also open to family members, who may receive services and supports regardless of whether or not their loved one who has a mental illness chooses to do so.



How Does PLAN Charge for Services?

PLAN charges fees for services provided and bills monthly. PLAN accepts cash, checks, MasterCard, VISA, Discover and American Express. You may pay in person, by mail, or on our website.

Annual PLAN Membership	\$80/year
Care Manager Services	\$50/hour
Peer Assistant Services	\$25/hour
Mileage	\$.50/mile
Family & Client Support Groups	\$20/session
Individual/Family Therapy by PhD	\$100/hour

Partial financial assistance is occasionally available to eligible clients through grants awarded to PLAN.

PLAN is an Austin-based grassroots organization founded in 1998 by family members of adults who have severe mental illness. The organization began as a support group for families concerned about meeting the long-range needs of their loved ones with mental illnesses.

PLAN received "non-profit" 501(c)(3) status in 2002. PLAN of Central Texas is a member of the National PLAN Alliance, which has affiliates in 21 states:

www.nationalplanalliance.org



Mail: P.O. Box 4755
Austin, TX 78765

Street: 4110 Guadalupe St.
at Austin State Hospital
Bldg. 781, Office 410

Tel: 512.851.0901

Fax: 512.535.4193

E-mail: info@planctx.org

Web: www.planctx.org



Serving individuals
with mental illness
and their families

*by providing an
array of support
services to address
immediate needs
and to plan for the
future.*

(512) 851-0901
www.planctx.org

Planned Living Assistance Network of Central Texas, Inc.



What Is PLAN?

Planned Living Assistance Network (PLAN) of Central Texas is a non-profit organization that provides a variety of support services to adults with mental illness and their families. PLAN offers benefits and services not generally available through therapists, psychiatrists, or mental health clinics.

PLAN is dedicated to:

- Assisting individuals and their families with immediate needs.
- Providing ongoing assistance, as needed.
- Helping people expand their social support networks.
- Fostering recovery and promoting ongoing quality of life.

The majority of adults who have severe mental illness live with parents or other family members, and most rely on family for assistance. Unlike other mental health services, PLAN was uniquely developed for families by families who understand and care about the needs of the person facing mental illness as well as the entire family.



What Are the Benefits of PLAN Membership?

Your annual PLAN membership fee covers:

- Monthly peer socials on Saturdays.
- Quarterly social events for families.
- *According to PLAN* newsletters.
- Up to one free hour of initial consultation about PLAN services.



What Services Does PLAN Offer?

PLAN membership allows the entire family to purchase a variety of services and supports. Our professional staff partner with the individual and family to develop a customized care plan. You purchase and receive only what you want, when you want it.

Services and supports offered by PLAN care managers, certified peer specialists or licensed mental health professionals include:

- Engaging clients in treatment and services
- Accessing and maintaining public benefits and resources

- Assisting with medication adherence, filling prescriptions, and partnering with medical professionals
- Finding and retaining housing
- Getting and keeping paid employment or volunteer work
- Managing personal finances, budgeting, paying bills, balancing checkbooks
- Navigating public transportation
- Developing daily independent living skills and effective coping strategies
- Promoting healthy, productive lifestyle: meal planning and preparation, exercise, hobbies
- Building healthy relationships and social skills
- Facilitating access to other needed services
- Offering educational support groups facilitated by licensed mental health professionals
- Providing family or individual counseling
- Doing long-term planning and referring for Special Needs Trusts