

What services does PLAN offer?



PLANCTX's professional staff partner with the individual and/or family to develop an individualized care plan of services that will be delivered. Our clients purchase and receive only what they want, when they want it.

Many families who contact PLANCTX for help initially request assistance to obtain and retain public benefits for their relatives as well as acquire and maintain housing and jobs. However, a variety of services and supports are offered by PLANCTX care managers, certified peer specialists or licensed mental health professionals, which include but are not limited to:

- Engaging clients in treatment and services.
- Educating patient and family about condition, diagnosis and medication. (Monitor medication, refill prescriptions, assistance interacting with doctors.)
- Developing independent living skills and effective coping strategies. (Social skills training, connecting with people and maintaining relationships, learning to use phones and computers for communication.)
- Financial management training. (Learn how to create and keep a budget, use checkbook/ATM card.)

- Developing a positive, healthy and productive lifestyle. (Grocery shopping, meal planning, exercise, worship, support groups, tutoring, volunteer opportunities.)
- Providing family respite services. (Contact during planned vacation, providing respite for families facing crises,)
- Getting and keeping paid employment or volunteer work.
- Navigating public transportation.
- Facilitating access to other needed services.
- Offering educational support groups facilitated by licensed mental health professionals.
- Providing family or individual counseling.
- Planning for long-term goals. (Referring for help with Special Needs Trusts.)



What type of benefits does PLAN offer?

Your fees covers:

- Monthly peer socials.
- Periodic social events for families.
- "According to PLAN" newsletter.
- Up to one free hour of initial consultation about PLAN services.

What is PLAN?



Planned Living Assistance Network of Central Texas (PLANCTX) is a non-profit organization that provides a variety of support services to adults with mental health issues and their families. Our caring professionals work with the client and/or family to develop a customized care plan to meet each person's unique needs.

PLAN is dedicated to:

- Helping individuals and families address immediate needs and providing ongoing assistance specifically tailored to the individual.
- Helping people expand their social support networks.
- Fostering recovery that promotes enhanced quality of life.

PLAN's care managers and certified peer specialists provide care management, therapy, group and social support services. PLAN provides services on a fee-for-service basis. However, cost-sharing or grant funded services are available based on need and available funding.

