



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

# ***Building a Person-Centered Plan Around a Meaningful Long-Term Goal Statement***

**yale**  
program  
for  
recovery  
and  
community  
health

**Wednesday, January 29, 2025**

**1:00 PM - 2:30 PM, ET**

**REGISTER NOW**

**Get expert coaching and access tools  
that support the development of person-  
centered plan documentation aligned  
with the North Carolina Person-Centered  
Planning (NC PCP) Guidance document.**

*"Person-centered planning (PCP) is rooted in the belief that all people have the right to live, love, work, learn play, and pursue their dreams in the community."*

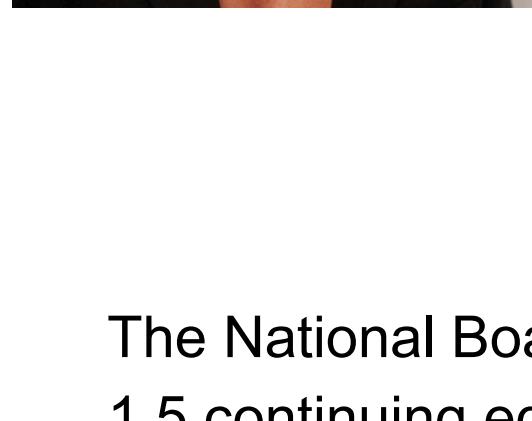
*NC PCP Guidance Document*

In keeping with this belief, a person-centered plan should be organized around a quality long-term goal statement that reflects a person's most deeply held values and preferences around building a good life. Yet planning documentation often targets the narrow management of disability related symptoms or functional impairments without broader attention to the person's quality of life as a whole. This training will provide coaching and tools to address this issue and support the development of person-centered plan documentation in alignment with the [NC PCP Guidance document](#).

During this virtual webinar participants will:

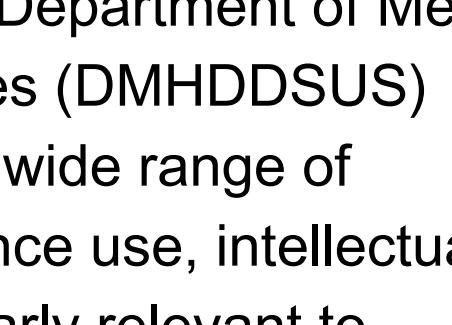
- learn strategies for overcoming common barriers to person-centered "goal setting."
- be exposed to a wide variety of engagement and goal discovery tools.
- receive concrete coaching and examples around how to translate authentic person-centered conversations into quality long-term goals and rigorously documented short-term goals.
- practice creating goal statements that support a person's connection to the valued community activities and relationships that matter most to them.

## **MEET OUR SPEAKER**

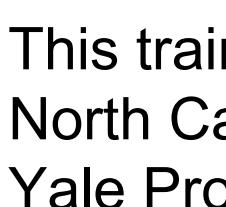


**Janis Tondora, PsyD** (she/her) is an Associate Professor in the Department of Psychiatry at the Yale Program for Recovery and Community Health. Her work involves supporting the implementation of person-centered practices that help people with behavioral health concerns and other disabilities to get more control over decisions about their services so they can live a good life as they define it. Dr. Tondora has done this work in partnership with over 25 states, and multiple international collaborators, where she both teaches and learns from, stakeholders committed to person-centered systems transformation. [Read more](#).

The National Board for Certified Counselors (NBCC) offers 1.5 continuing education (CE) hours to participants who fulfill the attendance requirements. Please review important [Certificate Requirements](#) before registering.



This training is designed for direct support providers and organizational leaders working in the NC Department of Health and Human Services, Department of Mental Health, Developmental Disabilities, and Substance Use Services (DMHDDSUS) system of care. The DMHDDSUS supports people living with a wide range of disabilities or health conditions including mental health, substance use, intellectual and developmental disabilities, older adults, etc. Training is particularly relevant to providers employed in programs where service definitions require PCP as articulated in the [NC PCP Guidance document](#).



**NCDHHS**

This training and technical assistance activity is offered by North Carolina Department of Health and Human Services and Yale Program for Recovery and Community Health.

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For more information, [contact us](#).