

Viewing Mental Health Advance Directives in CRISP

Guidance for health care and human service professionals



Did you know the State-Designated Health Information Exchange (CRISP¹) makes advance care planning documents available to authorized users? This includes mental health advance directives (also referred to as “psychiatric advance directives”), which allow individuals to express their specific needs and preferences for treatment in the event they are unable to make or communicate their decisions in the future.² If you serve Marylanders with mental illness,³ read on to learn more about mental health advance directives, including when they are used and how to view them using CRISP.

WHAT ARE MENTAL HEALTH ADVANCE DIRECTIVES?

Mental health advance directives embody a recovery-oriented philosophy. They are particularly helpful for individuals with serious mental illness⁴ (e.g., bipolar disorder and schizophrenia) during periods when their symptoms are exacerbated.^{5,6} Instructions tend to be clearer and more specific than medical advance directives for end-of-life since they are often based on lived experience from relevant events, such as being hospitalized and medicated during a mental health crisis.

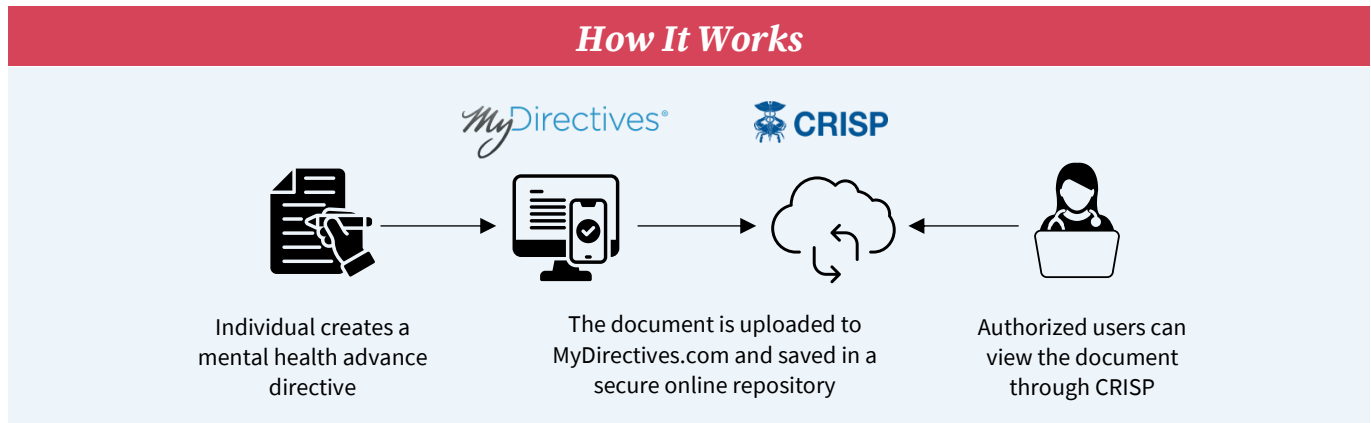


COMPONENTS OF A MENTAL HEALTH ADVANCE DIRECTIVE⁷

- Instructions for treatment and medications
- Preferences around emergency measures (seclusion, restraint, etc.)
- History of substance misuse or substance use disorder(s)
- Preferred hospitals and service providers
- A designated person to make health decisions (health care agent)
- People with whom information may be shared
- Information about allergies, adverse reactions, and desired visitors

VIEWING MENTAL HEALTH ADVANCE DIRECTIVES IN CRISP

Individuals can create an electronic version of their mental health advance directive⁸ by uploading a copy to [MyDirectives.com](https://mydirectives.com),⁹ a free online service recognized by the Maryland Health Care Commission.¹⁰ Advance directives information for medical and mental health purposes can be viewed by authorized users of CRISP. An electronic health record is not required; data can be accessed through an internet browser via the CRISP Portal.



GETTING STARTED WITH CRISP

CRISP allows health care professionals to appropriately access and securely share clinical information electronically as permitted by law.¹¹ If you are interested in accessing mental health advance directives and other available information through CRISP, you must confirm your organization has signed a [CRISP Participation Agreement](#). This is the uniform data sharing agreement signed by every participating organization with single or multiple sites. If a Participation Agreement has already been signed, you can skip this step during the onboarding process; if you are unsure, contact the CRISP Customer Care team by phone 1-877-952-7477 or email support@crisphealth.org.

CRISP requires participating organizations to update their Notice of Privacy Practices (NPP) to ensure health care consumers in Maryland understand how CRISP is being used to deliver and coordinate care and their right to opt out from having their information exchanged by CRISP.¹² Participating organizations attest to having updated their NPP by signing [this form](#). For more information, visit crisphealth.org/applications/clinical-data/#faqs.

ADDITIONAL RESOURCES

Maryland Mental Health Advance Directive Form

An optional form for Marylanders

health.maryland.gov/bha/Pages/newforms.aspx

National Resource Center on Psychiatric Advance Directives

State-by-state information and links to research on mental health advance directives

nrc-pad.org/

¹ As the State-Designated Health Information Exchange, CRISP is responsible for building and maintaining technical infrastructure that can support the secure statewide exchange of electronic health information; CRISP offers a variety of tools and services to meet the needs of health care facilities, providers, consumers, and State agencies.

² Khazaal Y, Manghi R, Delahaye M, Machado A, Penzenstadler L, Molodynski A. "Psychiatric advance directives, a possible way to overcome coercion and promote empowerment." *Front Public Health*. 2014 Apr 29;2:37. doi: [10.3389/fpubh.2014.00037](https://doi.org/10.3389/fpubh.2014.00037). PMID: 24809041; PMCID: PMC4010761.

³ This information may be relevant to a range of professionals that provide services to people with mental illness, including psychiatrists and other physicians, physician assistants, counselors, nurses, nurse practitioners, psychologists, social workers, peer specialists, emergency responders, addiction specialists, homeless outreach and engagement specialists, and case managers.

⁴ The Substance Abuse and Mental Health Services Administration (SAMHSA) defines serious mental illness as someone over 18 having (within the past year) a diagnosable mental, behavior, or emotional disorder that causes serious functional impairment that substantially interferes with or limits one or more major life activities. More information is available at: www.samhsa.gov/find-help/disorders#:~:text=Serious%20mental%20illness%20is%20defined,or%20more%20major%20life%20activities.

⁵ Marvin S. Swartz et al., "Implementing Psychiatric Advance Directives: The Transmitter and Receiver Problem and the Neglected Right to Be Deemed Incapable," *Psychiatric Services* 72, no. 2 (2021): 219-221, doi.org/10.1176/appi.ps.202000659.

⁶ While a mental health advance directive is intended for persons with mental health disorders or illnesses, any adult who has the ability to make decisions for themselves can complete a mental health advance directive form, including individuals with substance use disorder; however, advance directives specific to substance use disorders may be challenging to implement because competence is more fluid for people with addictions. More information is available at: www.myflfamilies.com/sites/default/files/2022-12/S16-008008.Advance%20Directive%20Workgroup%20Report%20with%20attachments.pdf.

⁷ Substance Abuse and Mental Health Services Administration (SAMHSA), *A Practical Guide to Psychiatric Advance Directives*. Available at: www.samhsa.gov/sites/default/files/a_practical_guide_to_psychiatric_advance_directives.pdf.

⁸ An optional form is available from the Maryland Department of Health, Behavioral Health Administration at: health.maryland.gov/bha/Documents/Advance%20Directive%20for%20Mental%20Health%20Treatment%20-%20%20June%2029%2c%202017.doc.

⁹ A medical advance directive can also be created or uploaded using MyDirectives.

¹⁰ More information on MHCC State Recognition is available at: mhcc.maryland.gov/mhcc/pages/hit/hit_advancedirectives/hit_advancedirectives.aspx.

¹¹ CRISP is a 501(c)(3) independent non-stock Maryland membership corporation. More information is available at: www.crisphealth.org/.

¹² A consumer request to opt-out can be completed by calling 1-877-952-7477 or submitting an Opt-Out Form to CRISP by mail, fax, or online.