

SELF ADVOCACY

While MCH strives to ensure your rights are protected, we want you to understand how to stand up for your own rights. This process is called self-advocacy.

Here are the five parts of being a self-advocate:

1. Realize you have rights and be responsible.
2. Know the laws and rules around services.
3. Get the facts and document.
4. Negotiate for what you need.
5. Believe in yourself!

If you do not understand how to practice these tips, MCH can provide you education on how to advocate for yourself and others. Always speak up if you see or experience something that you feel is a rights violation, whether it involves you or someone else.

Protecting your rights, dignity, and treatment with respect, and ensuring your ability to exercise your rights is important to MCH staff.

All MCH staff are trained to advocate for and help you understand your rights. You may also contact any of the professional staff at **(828) 524-5888** if you have a question or feel that your rights have been violated.

Christi Huff, Executive Director, is also available to help you understand and protect your rights. You may contact her at **(828) 524-5888, ext. 218**, if you have concerns about your rights. You may also email her at: christi@maconcitizens.org.

MCH strictly adheres to the Client Rights in Community Mental Health, Developmental Disabilities, and Substance Abuse Services 10A NORTH CAROLINA ADMINISTRATIVE CODE 27C, 27D, 27E, 27F (APSM 45-2) which comply with G.S. 122C, article 3, Client's Rights. The information outlined in this brochure summarizes the laws and rules found in these documents. For complete texts, please visit the following websites:

www.ncleg.net
www.ncrules.state.nc.us
www.ncdhhs.gov

YOUR RIGHTS AS A PERSON RECEIVING SERVICES



MCH MISSION STATEMENT

Macon Citizens Abilities advocates for and protects the rights of individuals with intellectual and developmental disabilities.

MCH provides comprehensive residential, day and community-based services.

Your Rights as a Person Served by MCH

Every person, regardless of disability, has rights. MCH wants to make every effort to help you protect your rights, whether by teaching you how to speak up for yourself or others or assist you in voicing your concerns. To begin, it helps to understand what your basic rights are when you receive services. Simply stated, each person served by MCH will always have the right to:

- Receive medical treatment regardless of disability
- Send and get unopened mail
- Eat healthy food
- Go outside
- Have access to and spend a reasonable amount of money
- Have privacy
- Have visitors
- Get married
- Wear your own clothes
- Have your own belongings
- Worship freely
- Vote
- Enjoy social activities
- Be free from abuse

MCH has policy and provides training to staff to ensure you have:

- Protection of your dignity and privacy
- Access to fair housing
- Services based on your needs
- Only medications that you need and are effective
- Given permission before receiving any medical treatment, unless it is to treat a health emergency
- The right to refuse treatment unless it is an emergency or if it has been court-ordered
- Given consent along with your legal guardian and the MCH Human Rights Committee for use of a behavior program with consequences or behavior medication
- All information about you kept confidential unless you give permission to share it
- Honor your civil rights
- Receive fair pay for work you do

If you believe your rights have not been respected or honored, please speak with MCH staff, your family or, if you choose, a lawyer.

You may also file a grievance with MCH.

If at any time or for any reason you feel that you cannot get the information or help you need from MCH staff, you may get free, legal advocacy services. To access these services, please contact:

NC Disability Rights
(877) 235 - 4210
(919) 856 - 2195

www.disabilityrightsn.org

**Macon Citizens
Habilities, Inc.**
PO Box 698
Franklin, NC 28744

Website: maconcitizens.org
Email: mch@maconcitizens.org

Macon Group Home
Itola Street Group Home
Smoky Group Home
Webster Group Home
Harrison Avenue Group Home
Yonce House
Macon Citizens Enterprises
Alternative Family Living
Community-Based Services

