

For more information please call your
Division of DD Regional Office

CENTRAL MISSOURI REGION

573-441-6278 or 888-671-1041

Kirkville Satellite: 660-785-2500 or 800-621-6082

Rolla Satellite: 573-368-2200 or 800-828-7604

KANSAS CITY REGION

816-889-3400 or 800-454-2331

Albany Satellite: 660-726-5246 or 800-560-8774

SIKESTON REGION

573-472-5300 or 800-497-4647

Poplar Bluff Satellite 573-840-9300 or 800-497-4214

SPRINGFIELD REGION

417-895-7400 or 888-549-6635

Joplin Satellite 417-629-3020 or 888-549-6634

ST. LOUIS COUNTY REGION

314-587-4800 or 800-374-6458

ST. LOUIS TRI-COUNTY REGION

314-244-8800 or 800-358-7665

Hannibal Satellite 573-248-2400 or 800-811-1128



Improving lives THROUGH supports and services
THAT FOSTER self-determination.



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www.dmh.mo.gov/dd

MISSOURI DEPARTMENT OF MENTAL HEALTH

KNOWING YOUR RIGHTS



A GUIDE FOR INDIVIDUALS
WITH DEVELOPMENTAL
DISABILITIES TO
UNDERSTANDING RIGHTS AND
RESPONSIBILITIES

This booklet is a guide to help you and those who support you in understanding your individual rights and responsibilities through the Missouri Division of Developmental Disabilities.

For more information about your rights please see Department of Mental Health Constituent Services:

<http://dmh.mo.gov/constituentservices/rights.html>

If you believe any of these rights have been violated, you may file a grievance with the agency providing your supports.

In addition to filing a complaint or grievance with the agency providing support you may file an complaint to:

**Office of Constituent Services
Department of Mental Health**

P.O. Box 687

Jefferson City, Mo 65102

1-800-364-9687

Call toll-free at 1-800-364-9687

Email: constituentsvcs@dmh.mo.gov

DUE PROCESS...

- When you apply for services, you will receive copy of your rights. If any changes in your services are made, you will receive a new copy of your rights.
- The agencies that have staff who work with you have rules to provide you with quality help. They have rules to make sure you learn and understand your rights, and that no one takes your rights away before you have a chance to speak for yourself or have someone you choose speak for you.
- You have the same legal rights and responsibilities as any other person unless the court says you do not.
- You have the right to get help. You cannot be denied help because of your race, religion, disability, or age. It does not matter if you are a man or woman, married or single.
- Before your rights and services can be limited or taken away, you have the right to be heard or to have someone you choose speak for you.
- Any proposed limitations of rights must be reviewed by DMH Regional Office or State Operated Programs Human Rights Committee to ensure that a person's rights are adequately protected.

RIGHT...



To join in groups
and activities that
you choose

RIGHT...

To be treated nicely at all times and
treated as a person



RESPONSIBILITY...

To attend or participate in a
respectful manner



RESPONSIBILITY...

To treat others the same way you
want to be treated



RIGHT...

To go to the doctor, or hospital when you need to, as soon as you need to



RIGHT...

To have the information in your records kept private



RESPONSIBILITY...

To listen to your doctor and follow their suggestions



RESPONSIBILITY...

To respect others privacy



RIGHT...

To use the telephone, or other forms of contact to communicate to people you choose



RIGHT...

To have a safe, clean home



RESPONSIBILITY...

To be respectful to others, and not be rude



RESPONSIBILITY...

To keep your house safe and clean



RIGHT...



To go to church or place of worship of your choice, or not to go to church or place of worship

RIGHT...



To be friends with both men and women

RESPONSIBILITY...



To respect others choice of worship

RESPONSIBILITY...

To be respectful of your friends and choose friends who will respect you



RIGHT...

To have a job and make money



RIGHT...

To say yes or no to help
and training



RESPONSIBILITY...

To keep a job, so you can live the way
you want



RESPONSIBILITY...

To listen to others



RIGHT...

To be treated like everyone else under the law



RIGHT...

To keep things of your own



RESPONSIBILITY...

To be a responsible person and not break any laws



RESPONSIBILITY...

To take care of your things



RIGHT...

To be free from people hitting you, hurting you, yelling at you, or saying hurtful things to you



RIGHT...

To say “NO” to being part of any study or experiment



RESPONSIBILITY...

To tell someone if you feel you are being hurt



RESPONSIBILITY...

To make choices which will have good consequences



RIGHT...



To have some time to yourself and a place to go to be alone

RIGHT...



To get meals that are healthy and good for you

RESPONSIBILITY...

To speak up when you want to be alone



RESPONSIBILITY...

To choose foods that help keep you healthy

