

Eight Steps of Recovery Planning

For Service Providers, Families,
and People on the Road to Recovery

What I've Learned About Treatment Planning

- Boring and uninspiring
- People usually aren't interested in their plans, and usually don't know they have one
- Service providers just go through the motions; they're bored too
- Families are left out
- People don't say they recovered due to their treatment plan

What's Wrong?

- Wrong foundation
 - Based on negative assumptions
 - Low expectations
 - Ignores strength
- No participation
 - Owned and operated by the service provider
 - Person is seen as non-credible source of info
 - Families are not included
 - If not followed, person is labeled “non-compliant, unmotivated, treatment resistant”

The Power of Service Providers

- They are dedicated and committed
- They can change the whole system by how they address the service plan
- But what about the regulations? What about medical necessity?
- Get out ahead and “it” will eventually catch up

Guidelines for Service Providers

- Become a recovery planner, AND do the paperwork
- Step into the supporting role instead of the directing role
- Encourage maximum participation
- Get excited and interested about the person's hopes and dreams

Speaking to Recoverers

- Your plan, your services, and your recovery
 - Step up, take the lead
 - Remember that you are not your diagnosis
 - Own your uniqueness
 - Think beyond fixing problems
 - Grow into your potential

Speaking to Families and Friends

- Your support is critical during the planning phase
 - Step up and be part of the team
 - Stay in a supporting role, don't start advising and taking the lead
 - Encourage the recoverer to step up, learn from their mistakes, take risks
 - Try not to get your feelings hurt

Eight Steps

Simple enough to make it easy to follow;
detailed enough to remember what you meant

1. Identify strengths
2. Identify goals, hopes and dreams
3. Identify what changes you need to make to reach your goals
4. Identify anything that could get in your way
5. Identify supports and resources needed to reach the goals
6. Identify meaningful roles
7. Identify ways of avoiding slips and slumps
8. Measuring for success

Recoverers in The Planning Session

- Recoverers, overcome reactions to taking center stage
 - Remember your strengths
 - Avoid the “mental patient drift”
 - Don’t surrender to your fears
 - Trust yourself

Families in the Planning Session

- Families can make a huge difference in how the planning process unfolds
 - Support the person in taking the lead
 - Support them in not giving their power away
 - Listen as they think thru what they want to do

Service Providers in Planning Session

- The most challenging aspect may be relinquishing the illusion that you are in control, or need to be in control
- Support the development of the plan instead of make the plan

Service Providers in the Planning Session

- Things you can do to shift toward a recovery planning process:
 - Ask if there is a convenient day to hold the session (est. the leader this way)
 - Provide opportunities and expectations around the recoverer completing the paperwork (reinforces who's plan it is)
 - Ask questions that help the recoverer think through aspects of the plan
 - See yourself as a partner –mutuality
 - Ask how you can help with accountability

Conclusion

- Build a plan on hope and recovery instead of disability and illness
- The key is to have the recoverer take the lead
- Use the self-correcting aspects of the process by reinforcing each others roles
- Using the eight steps
- Playing out the planning session