



# Recovery Roadmap



## Conversation Tips About Person-centered Recovery Planning

### Goal

- Why are you here?
- What do you want to see different in your life?
- What do you want for your life?
- What are your dreams/desires/wishes for life?
- If the problem that brought you here was to be solved (gone, changed), what would you be doing?
- If you could plan your future, what would happen?
- What would you like to be when you grow up?

THIS BECOMES THE “GOAL”

### Barriers

- What is preventing you in accomplishing this goal?
- What are barriers/obstacles in your way? (*not everyone can answer this question*)
- What are your biggest stressors?

THESE BECOME THE “BARRIERS”

### SOME EXAMPLES TO CONSIDER:

- ◇ Environmental (family/school/living situation, work situation, economic)
- ◇ Areas needed for skill development (activities of daily living, better management of symptoms)
- ◇ Intrusive or burdensome symptoms (hearing voices, irritability, confused thinking, poor anger control)
- ◇ Lack of resources (needs benefits, housing, money, transportation, medical care)
- ◇ Self defeating strategies/interests (interpersonal conflict, social isolation, fear and anxiety)
- ◇ Cultural factors (belief system about mental illness/addiction, family expectations, stigma)
- ◇ Threats to basic health and safety (risk issues, legal concerns, abuse and trauma)
- ◇ Substance use (continued drug use despite consequences, legal issues, self-medication)

(they are the medical necessity for the need for services—*symptoms and functional impairments*)

## Strengths

- Have you had a time when things were going well?
- Tell me about this and what was in place to make it go well?
- Are there resources/people you can draw on to help you?
- What are you most proud of?
- Who do you like to spend time with?
- What would be the things your friends/family say you are good at/like about you?
- Do you have special interests/activities you like to do?

THESE  
BECOME THE  
“STRENGTHS”

### CONSIDERATIONS OF STRENGTHS:

- ◇ Abilities, talents, competencies, accomplishments
- ◇ Values and traditions/cultural influences
- ◇ Interests, hopes, dreams, aspirations and motivation
- ◇ Resources and assets/previous successful experiences
- ◇ Unique individual attributes (physical, psychological, performance capacities, sense of humor, etc.)
- ◇ Circumstances at home, school, work, or community that have worked well in the past
- ◇ Family members, relatives, friends, other “natural supports” in the community

## Objectives

- What would it take for your life to be different?
- How might you accomplish your goal?
- If barrier x were not a problem for you or in your way anymore, what would you be doing differently?
- How would you know that you were making progress?
- What tasks/new behaviors/skills might you be willing to try?
- Which steps might you take toward your goal?
- What will be proof to you that you are getting closer to your goal?
- What will feel like a meaningful first step toward your goal?

THESE BECOME THE  
SMART “OBJECTIVES”

### Billable Interventions

- What can the staff here do to help?
- What do you think might be a good treatment approach for you?
- What treatment strategies have you tried in the past that might help?
- Are you aware of all the services we have to offer?

THESE BECOME THE  
**BILLABLE**  
INTERVENTIONS

### Self-directed Interventions

- What do you think are the personal steps that will help you accomplish these objectives?
- What do you think you might be able to do on your own?
- What activities help you to relax or stay calm?

THESE BECOME THE  
**SELF-DIRECTED**  
INTERVENTIONS  
(NON-BILLABLE)

### Natural Support Interventions

- How might others in your support system that you described earlier be of help?
- Who/where else in the community might you get some help?
- What can our family or other supporters do to help you reach your goals (for examples, help me study for a permit exam, help me get to my workplace, remind me to take medications)

THESE BECOME THE  
**NATURAL SUPPORTER**  
INTERVENTIONS  
(NON-BILLABLE)