



## A Tool for Your Practice: Building a Recovery Plan

### Support for Identifying Strengths:

- Ask the person:
  - What do you care about?
  - What matters to you?
  - What are some of the traits people mention when they talk about you?
  - What are one or two things that you see as making you different and unique from others?
  - What makes you smile?
  - Name three things that you occasionally look forward to
  - What dissatisfies you about your life? What do you wish you could change? Turn this into a positive: “I dislike being trapped in the house all day” turns to “I want the ability to come and go as I wish.”
- I am going to list a series of traits – tell me three of them that sound like you. (Use your own preferred list of strengths).

### Support for Building a Recovery Plan:

- Ask the person:
  - What are you seeking?
  - What are your greatest strengths?
  - What has helped you in the past?
  - What are your goals for yourself?
  - What can the staff do to help?
  - What can you do to help?
  - Who else can help?
  - What services do you want? What, if any, do you want to avoid?
  - What do you hope to accomplish from this treatment episode?
  - What are your hopes for the future?
- Listen to the person’s concerns before interrupting with an opinion
- Help the person identify his/her strengths and resources to move toward achieving their goal
- Assist the person in identifying a few possible first steps to move toward achieving their personal goals; help the person chose from among possible options
- Include the family member and other members of the person’s support network in the interview process and elicit their feedback, if desired by the person
- Respect the person’s preferences, needs and values
- Ensure that the person understands what to expect from any treatment and make sure the treatment and other plans can be clearly linked to the person’s recovery goal
- Agree together on the person’s next steps
- Provide the person with tools and resources that support and empower them to take the next steps

This information has been adapted from *Planning for Person Centered Care: The Road to Mental Health and Addiction Recovery* by Adams, M.D., MPH, and Diane Grieder, M.Ed.