

RECOVERY FOCUSED SERVICE PLANNING

Things To Consider

- **Creating a Vision of Recovery** - In addition to dialog re: usual service plan goals, you may find it helpful to work with the consumer to identify their vision of recovery (what they want or think their life will look like when they are in recovery). This in effect is the overarching long term goal (one that may start as a “dream”) that helps to put the overall service plan into context. This process may need to include discussion regarding recovery possibilities such as employment, education, independent living, relationships, etc., as people may not envision a world where these would be real possibilities for them.
- **The plan should be completed in partnership with the person/family receiving services**
- **The plan should be created with consideration given to the strengths, needs, abilities and preferences identified by the consumer/family and clinician during assessment**
- **Plan goals and objectives should be both meaningful to the consumer/family and written in a way that is easily understood** – Objectives should also be written in a way where it will be easy to determine when the objective has been accomplished.
- **The plan should be developed with objectives that are possible to attain within the service plan period** – It is important to create and build upon successes.
- **Including strengths based objectives in therapy** – When a service plan includes therapy, building in therapy objectives to help identify and emphasize individual strengths can both assist with building confidence, as well as inform future clinical process (strengths to build on). Example: Jane will identify and process one time when she was able to control her anger, and how she did it.
- **The consumer should always receive a copy of the plan**
- **A process should be in place to regularly revisit the plan** - Not just at the 6 month review period.