



# Recovery Roadmap

## Goals in Person Centered Recovery Planning

Think of the GOAL on your recovery plan as that BIG trip destination that you might dream about reaching someday. Your goal on your recovery plan should reflect that destination. For example, do you want to get a job? Find a partner and get married? Own your own home? Volunteer in your community? Make some friends? Discover a new hobby? Any of these things make for great person-centered goals if they are important to you! The key thing to keep in mind is that goals ideally are about “thinking big” and working toward a meaningful life desire, not just about reducing symptoms or reaching a treatment benchmark.

Sometimes it is difficult to figure out what goal you would like to work on, and other times you might have been thinking about it for a while. If you need help figuring out your goal, no worries, the Recovery Roadmap and handouts like this one will share some ideas and questions to help you get a sense of what you might like to work on. For now, let’s go over a few basics of PCRP goals:

- In PCRP, goals are owned by YOU. In other words, a goal on your recovery plan should be what you want and desire, NOT what anyone else wants for you.
- The goal is expressed in a positive way, is in your own words, and is based on your unique interests, preferences, and strengths.
- Your goal MOTIVATES you to move forward toward positive things in your life.
- It should be a long-term, overarching goal that reflects YOUR vision of your life and recovery.
- The goal should give you HOPE and make you feel good about the life you are working toward.

So what would this look like in a goal statement on the Person-Centered Recovery Plan? Below on the left are a few examples of what we would consider a traditional goal on a treatment plan. These tend to be narrowly focused on fixing problems or mental health symptoms. On the right are examples of what we would consider to be person-centered goals. These are focused on more positive life dreams and aspirations.

| Traditional Plan Goals: Old and Outdated ☹️                | PCRP Goals: New and Improved 😊                       |
|------------------------------------------------------------|------------------------------------------------------|
| Patient will maintain medication and treatment compliance. | “I want to go back to college and finish my degree.” |
| Patient will increase insight.                             | “I want to have control of and manage my own money.” |
| Patient will reduce behavioral outbursts.                  | “I would like to live in my own home.”               |

## IDENTIFYING GOAL(S)

Your goal statement is the BIG trip destination and reflects where you want to go in your life. When you are driving down your road of recovery, you will want to have a clear path and know when you have arrived. A positive, focused goal statement can help to pave the way and keep things on track. Below we will help you take a look at and work on setting your goal statement. Keep in mind that there is no “magic number” of goals for your plan. You may have one really meaningful life goal or you may have several. Just keep in mind that it can sometimes be helpful to work toward just one or two key things instead of trying to tackle everything all at once.

Here are some tips for coming up with recovery plan goals. Goals should be:

1. Positively stated
2. Focused and concrete, not too vague
3. Reflected in quotes as “I” statements in your plan documentation

Say a goal you have is to be less depressed and/or anxious. Another goal might be to be less lonely. These are valid goals, but let’s think about why they might be important and how we can make them more positive, forward thinking recovery goals. If you were less depressed or anxious, how would your life look different? Is there something in particular that you would be able to do that you can’t do now because your depression or anxiety is getting in the way? Maybe if you were less depressed you would like to go back to school or you would like to get a job. These types of statements might be more positive and motivating goals for your plan rather than more narrow treatment goals that only focus on your depression or anxiety.

Below are a few more examples of how you can come up with positive, recovery-focused goals to include in your person-centered plan. Take a look and start thinking of what types of goals you might like to include in YOUR plan.

| Goal Statement that Needs a Little TLC     | Questions to Help You Tune Up the Goal                                                                                                       | New and Improved Goal Statement                                     |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| I just want to be less lonely.             | What would be different if you were less lonely? Would you like to connect with particular people, an organization, or a community activity? | I would like to go back to church and become an active parishioner. |
| I want to stay out of jail.                | If you were able to stay out of jail, what would life look like for you? What would be different?                                            | I want to be a good dad and role model for my kids.                 |
| I just want the voices in my head to stop. | How do the voices interfere with your life? If they were quiet, what would you be able to do? How would things change for the better?        | I want to get my old job back as a library aide at the University.  |

We hope you found these tips useful as you prepare to think about setting some goals for your recovery plan. Remember, it is OK to “think big” in goal setting! If “thinking big” is intimidating for you, not to worry—you will be able to break down the plan into smaller, shorter-term steps later on when we talk about other parts of the recovery plan. For now, with goal setting, the sky is the limit!