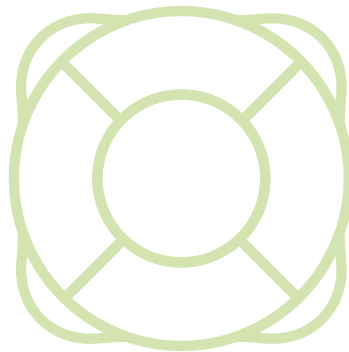




Recovery Roadmap



Your Circle of Support

As you prepare to partner with your service providers on the creation of your Person-Centered Recovery Plan, you will want to give some thought as to whether or not you might like to invite additional supportive others to participate as team members. It may be easy to identify all the important people in your life. Or, it might be hard to think of people off the top of your head. If this task is difficult for you, you might find the below “Circle of Support” tool useful in figuring out who is most important to you and who you might like to include in putting together your person-centered recovery plan.

Remember that we all have our own unique story and situation and wherever you are starting from at this moment is ok. If you find that you are happy with the supporters you identify, that is great! If you are not feeling supported or are disappointed in the lack of friends or family in your Circle, it is perfectly fine to go ahead with your plan with the support of your professional team. You could even consider using the PCRCP process to give more attention to this part of your life and to work on building relationships as a goal

within your recovery plan. But, keep in mind that there is no magic number of supporters “required” in your life. It is all about you feeling good about what is happening with you and who you are connected to.

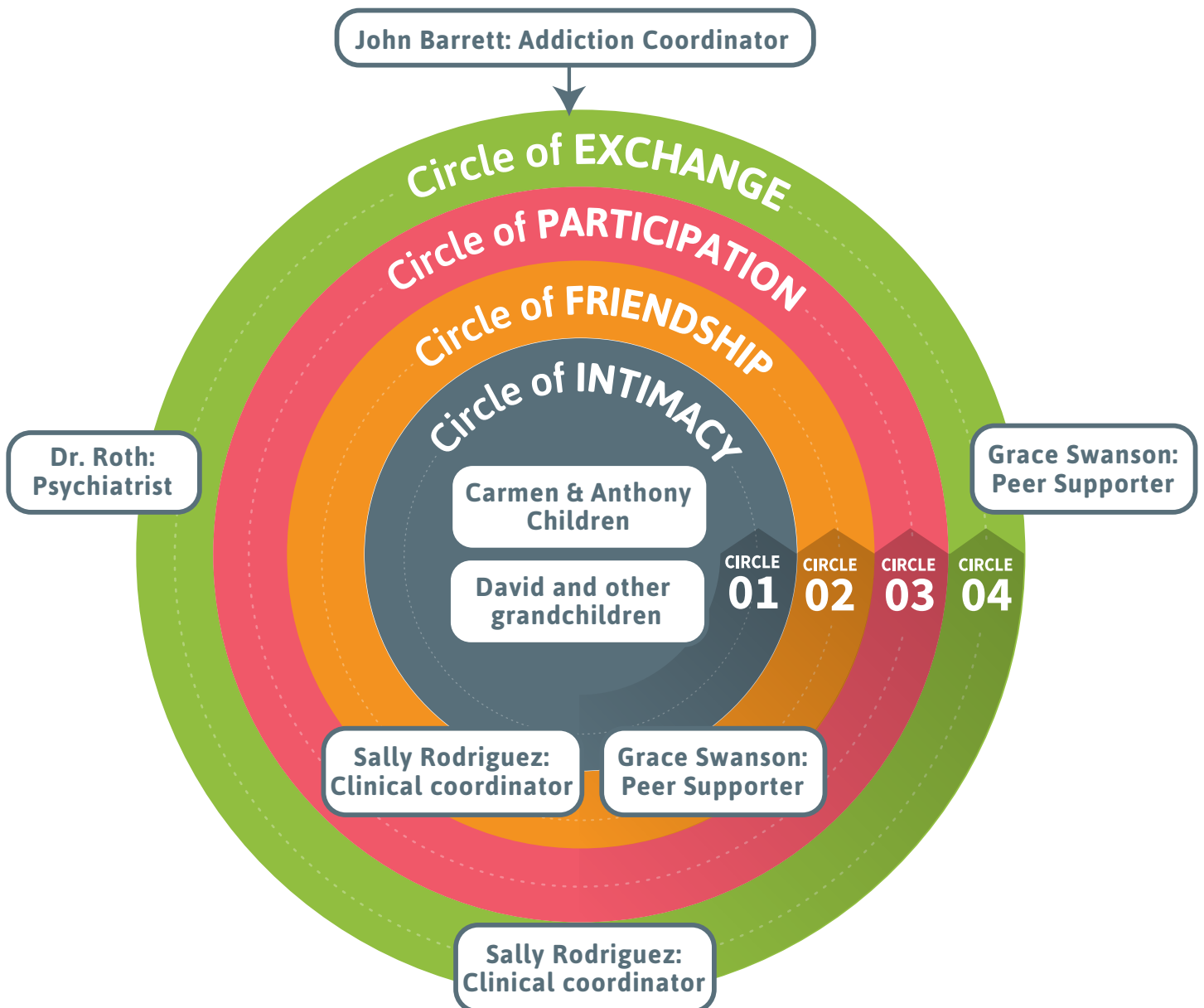
That can mean having one or two really close supporters for one person and it can mean having an extended network of many different supporters for another. No one way is “right” so take your time figuring out what feels best and most comfortable for you.

To help get you thinking, we have provided an example on the following page for you to take a look at. This graphic shows a Circle of Support filled out by Julie. Also included is the general Circle of Support graphic that provides helpful guidelines to get you thinking about who is in your Circle and what type of relationship you have with them. Finally, at the end of the handout, we provide you with a blank Circle of Support to fill-in as a way to brainstorm whether or not you might like to include other individuals in your PCRCP team in some way.

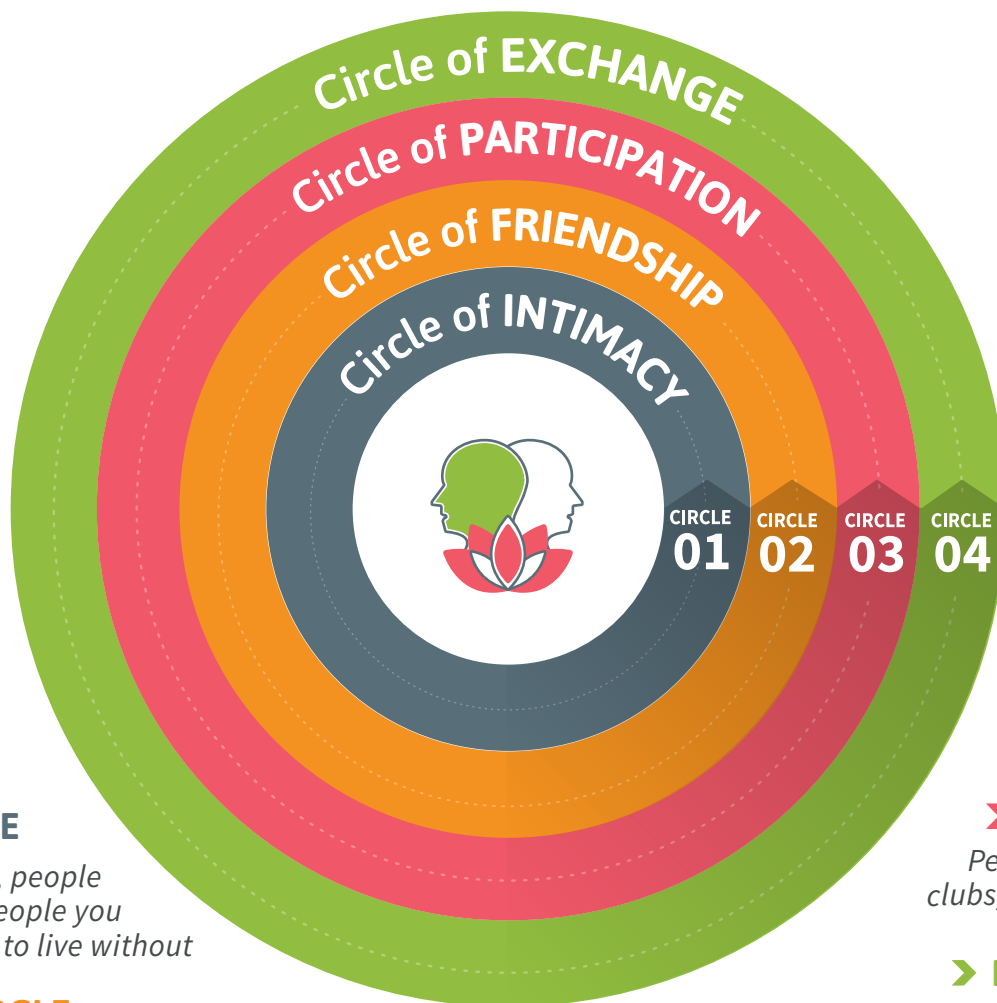
JULIE'S SAMPLE CIRCLE OF SUPPORT

- **Circle 1/Intimacy:** People Julie loves who she would not want to live without
- **Circle 2/Friendship:** Friends, relatives or other people you can count on; people you trust most
- **Circle 3/Participation:** People Julie might know from hobbies, clubs, or her neighborhood
- **Circle 4/Exchange:** People Julie is be close to but who she is in a professional relationship with

Start at the outside and work your way in. People can also be in more than one circle at a time. For example, Julie has included Grace and Sally in Circle 4 as they are her professional service providers; however, she trusts them and is very close to them so Julie has also noted them in Circle 2.



Circle of Support



FIRST CIRCLE

People you love, people who love you, people you would not want to live without

SECOND CIRCLE

Close friends or relatives, people you count on, people you trust most

THIRD CIRCLE

People you know from clubs, hobbies, work, etc.

FOURTH CIRCLE

People you may be close to but the relationship is more of a professional one, e.g., a trusted service provider such as a therapist or case manager

YOUR CIRCLE OF SUPPORT

- **Circle 1/Intimacy:** People you love who you would not want to live without
- **Circle 2/Friendship:** Friends or relatives you can count on; people you trust most
- **Circle 3/Participation:** People you might know from hobbies, clubs, church, work, or your neighborhood
- **Circle 4/Exchange:** People you may be close to but who you are in a professional relationship with, e.g., service providers

