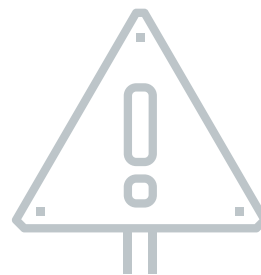




Recovery Roadmap

Identifying Roadblocks

Whether on a long or a short road trip, it is not uncommon to run into a few roadblocks—it's just a natural part of any journey. So, when you are mapping out your life itinerary in person-centered planning, it is a good idea to think ahead of time about where you may get held up so that you can make a plan to address as many roadblocks as possible. This will help you to work around the roadblocks and keep moving forward. Remember, that we all have barriers or challenges that we face in our lives—it is a natural part of being human! It can feel overwhelming to think about your barriers, but the point of doing this is not to get bogged down in them, but to be aware of your barriers so you can use your strengths and supports to work through them and take the next steps in your recovery journey. The following prompts may help you in thinking about personal barriers/challenges to your goals:



- In what ways, if any, do **mental health symptoms or experiences** interfere with your life or goals? This is not only about your diagnosis, but about how your unique experience of symptoms bothers you or prevents you from doing things you'd like to do.
- In what ways, if any, do **addictions issues** interfere with your life? Have you lost things (e.g., relationships, jobs, housing, etc.) as a consequence of addiction?
- What **types of skills do you need** to develop in order to reach your goal(s)? For example, social or communication skills, relapse-prevention skills, coping or wellness self-management skills, transportation skills, advocacy skills, or activities of daily living skills (cooking/cleaning/budgeting/self-care, etc.)
- Are you dissatisfied with your **social network or relationships**? How so? Do you have conflicts with, or are you estranged from, people who are important to you? Do you feel socially isolated, lonely, or uncomfortable around others?
- Do you have difficulty finding or maintaining a **job/employment** if this is of interest to you? What has prevented you from working?
- Do you have difficulty pursuing **educational** goals if this is of interest to you? What has prevented you from pursuing/finishing your education?
- Are you able to experience your **faith and spirituality** in a way you are comfortable with or do you have barriers in this aspect of your life?

- Do you have any types of **behavior** that are getting in your way? e.g., is your safety, or the safety of others, ever at risk due to self-harm or conflicts with others?
- Have you, or do you currently, have any **legal issues** that may prevent you from reaching your goals?
- Do **experiences of trauma** negatively impact your life or ability to reach your goals? If so, can you describe your current symptoms, difficulties, or distress?
- Do you have **medical/physical health issues** that prevent you from doing things in your life? Are you able to manage these on your own or has that been difficult?
- Are **stigma or discrimination** barriers in your life? The experience of stigma or discrimination can be based on many factors including gender, race and ethnicity, age, sexual identification, financial status, immigration status, or the diagnosis of mental illness or addiction.
- Are you happy with the degree of **control** you have in your life? Do you have your preferred level of independence in decision-making?
- What **resources or information** do you need to move toward your goal(s)?
- What kinds of **assistance/supports do you need from your treatment team** to help you progress toward your goal(s)?
- What kinds of **assistance/supports do you need from natural supporters** (i.e., friends, family) to help you progress toward your goal(s)?