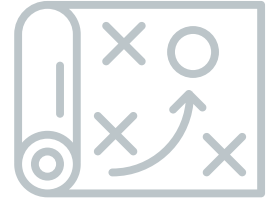




Recovery Roadmap

Your Recovery Plan & Meeting

Making it work for you and your recovery



What is a “recovery plan”?

A recovery plan:

- is sometimes also called a service plan or a treatment plan.
- is a document that you create with your team to help plan for your recovery and services.
- identifies goals that are important to you in your recovery and well-being.
- identifies the things that you and your team need to do to help you achieve these goals.
- is the document that your clinical team uses to get payment for the supports they provide to you.

What is a “recovery planning” meeting?

It is a meeting:

- where you work in partnership with others to create your treatment plan.
- that happens on a regular basis—usually every three to six months (although the plan can be updated as needed).
- where you have a right to invite anyone you believe is supportive of your recovery—including a recovery mentor or peer supporter!
- that your mentor can attend and help you speak up about things that are important to you.

What is YOUR role in this meeting?

For this meeting, it is useful to:

- think about your priorities and goals ahead of time.
- ask for the types of support that would be most helpful to you.
- SPEAK UP and share your ideas and needs with your team!
- think about your own responsibilities in working towards your goals.

What kinds of things can I bring up at this meeting?

This is YOUR meeting. You can:

- bring up anything you think is important in your recovery.
- discuss ways to pursue your goals, both clinical treatment goals and also your goals and dreams for employment, education, social activities, and your living space.

What happens after this meeting?

After this meeting:

- your clinician/case manager will work to include the things you talked about in a written document.
- this document is both a summary of the meeting and an outline of upcoming action steps for you and your team members.
- you should review the written plan and make sure you understand it. Ask questions if you don't.
- you should sign the plan and ask for a copy for your records. Keep it in a safe place to protect your confidentiality.
- **WORK YOUR PLAN!** Follow through on your personal action steps and take charge of your recovery!

For additional information see: Getting in the Driver's Seat of your Treatment: Preparing for Your Plan
<http://www.ct.gov/dmhas/lib/dmhas/publications/PCRPtr toolkit.pdf>