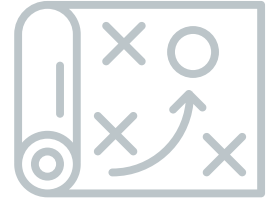




# Recovery Roadmap

## Your Recovery Plan and 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!

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*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/PCRPtoolkit.pdf>