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**Recovery is Possible!**

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# Person Driven Recovery Planning Guide





Montana's Peer Network is a peer run 501c3 non-profit organization with a mission to lead the expansion and development of recovery-oriented behavioral health services in Montana.

With over 1,400 members across Montana in more than 78 communities we advocate to improve treatment systems, provide educational presentations on wellness and recovery, and host trainings on peer support and wellness tools through workshops, webinars, social media and peer groups.

**Peer Supporter Training**

**Healthy Minds Healthy Bodies Workbook**

**Peer Support Demonstration Projects**

**Podcasts & Webinars**

**Online Resources**

**Annual Recovery Conference**

**Recovery Programming Consultation**

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*Leading the Recovery Movement  
in Montana since 2011*

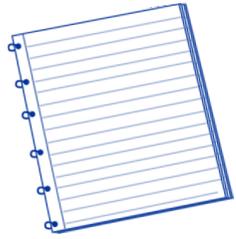
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# Person Driven Recovery Planning Guide

by  
Montana's Peer Network  
Staff

additional guides at can be found at  
[www.mtpeernetwork.org](http://www.mtpeernetwork.org)



Whether you are creating a recovery plan on your own, with a friend, family member, peer supporter, or any other behavioral health care worker, this guide provides some basic guidance on how to

make that plan person centered. What do we mean by person centered? Well, as the person in recovery it is important that YOU are in control of the recovery plan. After all, it is yours. There is not a single person that can tell you what your recovery plan should or must look like. Others can support you in developing a recovery plan but no one should be telling you what goes into your plan.

One of SAMHSA's 10 Guiding Principles of Recovery states, *"...individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals should be supported in speaking for themselves."* This guide is based on that statement. The format for this guide book is question and answer or Q&A. We have listed common questions and what follows are the best answers we can provide as people in long term recovery.

### ***Where do I begin?***

Become a seeker. We encourage you to seek out different recovery pathways. That means doing some research, educating yourself and experimenting with different options you may find along the way. The best way to find out what will work for you is to try different things. As you move through the journey of recovery those 'things' will change. The recovery plan will need to be upgraded. The things you are seeking are a wide range of options from peer support groups, technology, books, guides like this one, diet and exercise, financial stability, people, places, love and many others. The list is endless. There is no one way to create a recovery plan. There isn't even one format. Some people make a plan in a journal, some people keep it on their cell phone, some make formal notarized plans while others simply keep it in their mind. Each person's plan will look different in content and appearance. Don't be limited in your view of what a recovery plan is or can be. If you have the seeker mindset you will discover people, places and things that can be quite meaningful to your recovery journey.



### ***What should be included in my recovery plan?***

In this guide we will provide some options as to what a recovery plan could look like, with items or topics that could be included, but as we have said before, it is up to you. From our experience in recovery there are elements of a recovery plan that are important or vital to include.

Typically a recovery plan will include vital information such as:

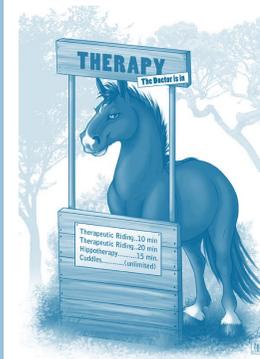
- ⇒ Names and contact information of supporters, counselors, doctors, and natural supports such as friends and family, etc.
- ⇒ When/where to go for support
- ⇒ Short and long term goals
- ⇒ What to do in the event of a crisis or relapse
- ⇒ Reminders, prompts or motivation

This list contains suggestions, but is not limited to these. You can add whatever you feel is relevant.

### ***What if someone else has already made me a recovery plan?***

For those of us who are or have been part of the system, this is often the case. The system often feels it needs to lead us, or some might even say, control our recovery journey. It is important that we have a voice in our recovery. It is just as important that we have choices and

The following pages are blank for you to write notes or develop your own person centered recovery plan.



options. The ability to try new things without repercussions. Those who make recovery plans for others are not being supportive. While they may be well intentioned, it's not supportive to our needs, wants, or desires.

One of our members utilizes a horse as therapy. Her horse provides her with companionship, love, exercise and a sense of purpose. Another member goes to a support meeting each day. Both are valid and both are important to those individuals. One is not better than the other. Those are two examples of the many pathways of recovery. Both should be supported and encouraged, as should all pathways to recovery.

When someone else makes a recovery plan for you it lacks one necessary element. Ownership. We encourage you to make your own plan so that you are invested in it. When someone else makes the plan for us, we might or might not take part in it or be willing to follow it. We lose our voice. We are unable to seek out other pathways. Supporters should walk with us, not for us.

### ***What should I specifically say?***

This can be a difficult conversation to have with the person who has made a recovery plan for us. But this is an opportunity to self advocate. A chance to share what we want in a recovery plan, even if we don't know what that is at the moment. Recovery is a journey. We can

start by saying, “Thank you, for creating this plan. I have some things that I want to share with you about my recovery.”

This can be a good way to start that conversation without being aggressive or accusatory. You can try:

“I was thinking that I would like to...”

“What works for me is...”

“This is a fine start, let me build on this.”

### ***How do I find my voice after being kept down for so long?***

It can be difficult to begin speaking up for yourself. It can feel like a strange experience after being told what to do for a long time. Our self esteem might be low and our self confidence can be ruined after relapse or crisis. Or we may not feel mentally well enough at times. This is to be expected. Recovery is difficult. This is a good time to reach out to a trusted supporter, not the person who made the plan for you, of course. Tell them what you would like to do and ask them for support. They might share their own experience with you. They might role play what to say. Another option is to write down what you would like to say to the person who made the recovery plan for you.

One of the best ways to improve self esteem and self confidence is to mindfully use our voice to say what we want or need. It may not come out just right but each time we do it our confidence will grow. Practice.

### ***Are S.M.A.R.T. goals and recovery plans the same thing?***

The SMART method can help you develop the goals in your recovery plan.

### ***What are some ideas for goals to include in my recovery plan?***

Goal setting can be challenging. It may be helpful to base your goals on SAHMSA’s *8 Dimensions of Wellness: Physical, Social, Intellectual, Emotional, Spiritual, Environmental, Vocational, and Financial*. Choose the area you would like to work on the most. For instance, having an organized space might be important to your recovery and would fall under environmental wellness. An example of a goal could be “I will wash the dishes before I go to bed every night.” This may sound simple but simple is a good place to start. Achieving goals can help your self esteem and build your confidence. As you accomplish these, you can write new ones.

### ***Who should I share my goals with?***

You should share your goals with people who are involved in those goals or who can help keep you accountable. If you have a goal to take your medication every day, it may be helpful to share that goal with your family and let them know how they can support you in achieving that goal.

daily plan, early warning signs, wellness tools, and crisis planning.

### ***Who should have copies of my recovery plan?***

It is important to share your recovery plan with others. You should supply everyone listed in your recovery plan with a copy. Your plan is less likely to be effective if you put it on a shelf and do not share with the crucial people you have identified as being on your team. Your team can help you be accountable for the plan and remind you of the things you have listed.

### ***What is a S.M.A.R.T. goal?***

Goals are part of every aspect of life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely.

Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving that goal.



### ***What if I don't know what choices I have in recovery?***

There are a number of places to search for options in your recovery plan. The first place is to ask others in recovery what they do. Another place is an internet search. Start locally in your search, then expand it to include online supports. There are many online support groups through various platforms and social media. Apps can be a great place to start. Many are free, and most have been created by others in recovery. Websites can also be helpful. Our website, [mtpnetwork.org](http://mtpnetwork.org), provides a large amount of resources through education, webinars and trainings. Many other websites provide similar information plus much more. Seek out the information.



### ***Is there a special form I should use to my recovery plan?***

No, there is not. That being said, some behavioral health providers do have a form that you can utilize. A recovery plan can be created in a journal, on a phone app or it can be as formal as an Advance Psychiatric Directive.

### ***What is an Advance Psychiatric Directive?***

An advanced directive is a document that expresses how you want to be treated if you were seriously ill and unable

to make decisions for yourself. It provides instructions about what you would want done or not done about life-sustaining treatment and other health care issues. You may order that your life be prolonged as long as possible. Or, you may order that your attending physician or mental health provider withhold or withdraw treatment that would prolong the process of dying or getting better. Examples of advanced directives include, health care directives, living wills, health care (medical) powers of attorney, and provider orders for life sustaining treatment.

***Does the peer network offer classes on Advanced Directives?***

Yes, You can find them at [mtpeernetwork.org](http://mtpeernetwork.org)

***My loved one won't create a recovery plan. What can I do?***

If your loved one is not receptive to recovery, for whatever reason, don't give up. You might need to take a step back and stop bugging them to get help, but don't give up. Whenever possible, work in encouraging conversations that let him or her know you still think they should get help, and that you would still be willing to help them create a recovery plan. Always make sure the person knows you love them and are concerned about their wellbeing. It is OK to let them know how their actions are affecting the family and that you are hurt by their actions when they are un-well.

***As a Certified Peer Supporter how can I foster recovery planning in my clients?***

As a Certified Peer Supporter you can foster recovery planning by sharing your own recovery plan. You can update yours while your peer is creating theirs. Do it together and come up with ideas in the moment together. Let the process be mutual. Your peer will feel empowered to sharing theirs when they see you doing the same thing.

***The treatment team already has a plan for me. Why do I need another one?***

The treatment team's plan may be very beneficial and helpful for you in your recovery journey but it may sound very clinical and not in your voice or by your choice. You should create another plan that is in your own words and incorporates things that you identify as being helpful. It should include supports that are important to your everyday life in recovery. Then you can share this plan with your loved ones and support team and be accountable to and invested in your vision of recovery.

***What is the difference between a recovery plan and a WRAP plan?***

A Wellness Recovery Action Plan (WRAP) is a type of recovery plan. It is a format that many people find helpful but may not fit everyone. WRAP can provide you with the structure to get you started and includes things like your