

Chapter 2

The Planning Process: Initial Steps to Creating the Individualized Recovery Plan (Two Exercises)

Chapter 2, Exercise 1: Strengths-Based, Recovery-Focused Language vs. Deficit-Based Language

Consider each of the following words listed in the left-hand column below. These words are commonly used in written and spoken language to describe individuals served within traditional mental health systems. Consider the messages that are communicated when practitioners use the language on the left to describe a person. Discuss alternative terms and phrases that can be used to communicate a strengths-based, recovery-focused message.

Deficit-based Language		Strengths-Based, Recovery-Oriented Language
1	A schizophrenic, a borderline	
2	Delusional	
3	Non-compliant	
4	Drug Addict	
5	Disengaged	
6	Symptomatic	
7	Alcoholic	
8	Low functioning vs. High functioning	
9	Unrealistic	
10	Resistant	
11	Unmotivated	
12	Weaknesses	
13	Maintaining clinical stability	
14	Revolving door	

Chapter 2, Exercise II: Documentation using Strengths-Based, Recovery-Focused Language

Consider each of the statements below and discuss whether the statement represents an effective way to integrate a strengths-based focus into documentation (“True”) or not (“False”).

Statement		True	False
1	A discussion of the person’s strengths must be a central focus of every assessment, care plan and case summary.		
2	It is important to assess stage of change because once we have determined how to label the person, we will be able to identify the appropriate treatment for that person.		
3	The PROS Assessment Service helps to develop a relationship between the practitioner and the person.		
4	Strengths-based assessment means disregarding the needs and challenges the person faces and focusing solely on the person’s strengths and capabilities.		
5	Strengths should only be defined by the individual receiving services, not by the practitioner.		
6	Identifying mental health barriers is essential for documenting medical necessity for PROS Services.		
7	Personal autonomy, self-determination, and independence may be values that are inconsistent with a person’s cultural identity.		
8	By assessing the person within a cultural context , the provider is able to better understand the whole person and offer appropriate interventions and services on the plan.		
9	Using person-first language is a way to avoid labeling a person.		
10	When conducting a strengths-based, person-centered assessment , the practitioner should be careful to provide only those questions that can be answered with “yes” or “no.”		