

Individualized Recovery Plan

Goal(s)	Goals should be stated in the individual's/family's own words , and include statements of dreams, hopes, role functions and vision of life.
<p><i>"I want to keep my job."</i></p>	
Barriers	Describe the challenges as a result of the mental illness or addictive disorder that stand in the way of the individual and family meeting their goals and/or achieving the discharge/transition criteria. Identifying these barriers is key to specifying the objectives as well as services and interventions in the following section of the plan.
<p><i>Kathy has had angry outbursts at work over the last six months, has displayed impulsive behavior with co-workers and customers, and has been unable to complete a full shift of work. She has been advised by her supervisor that if this behavior continues, she will likely be fired. Kathy stopped taking medication for Schizoaffective Disorder approximately 6 months ago due to weight gain and feeling "dopey". Kathy has been regularly using alcohol and cocaine and reports she does not want to give this up. In addition, Kathy has several physical health concerns such as epilepsy, asthma, diabetes and being overweight.</i></p>	
Individual/Family	Identify the individual's past accomplishments, current aspirations, motivations, personal attitudes, etc. which can be used to help accomplish this objective .
<p><i>Kathy has been successfully employed for the past 14 months, had experienced 2 ½ years of sobriety, and has support from her current supervisor to seek treatment. Kathy has stable housing, engages in many interests including playing the piano, writing poetry and watching movies, and utilizes both professional and personal support networks.</i></p>	

Objective	<i>Using action words, describe the specific changes expected in measurable and behavioral terms. Include the target date for completion.</i>
<i>Over the next 90 days, for a period of two consecutive weeks, Kathy will demonstrate an ability to control her behavior while interacting with others as evidenced by staff observation, self report and feedback from her employer.</i>	

Personalized Recovery Oriented Services (PROS) Billable Interventions & Non-Billable Activities	<p><i>Note the specific service/treatment being offered, the person responsible, and intended purpose or impact as it relates to this objective. The intensity, frequency and duration should also be specified.</i></p> <p><i>Also include important non-billable interventions (may be supplemental “activities” offered by PROS program but most often will be tasks carried out by natural supporters or the person in recovery). Provide sufficient detail so it is clear Who is doing What by When.</i></p>
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Community Rehabilitation and Support (CRS) - Wellness Self Management: John Smith, therapist, will provide wellness self management group at PROS for 45 minutes twice a week over the next three months in order to assist Kathy to enhance skills with managing irritability, impulsivity and flashbacks while at work.

CRS- Individualized Recovery Planning: Diane Adams, RN, will contact Kathy’s physical care providers within 30 days in order to further understand the nature of Kathy’s physical health conditions and how her health conditions impact her mood as part of developing an integrated and coordinated recovery plan with Kathy and the PROS team.

Intensive Rehabilitation (IR) - Integrated Dual Disorder Treatment: Over the next month, Sharon Jones, therapist, will provide two 20-minute individual counseling appointments in order to discuss pros and cons of substance use and the potential impact on her employment.

Ongoing Rehabilitation and Support (ORS) - Tina Brown, therapist, will provide ORS service at Kathy’s place of employment for 30 minutes four times a month over the next three months in order to provide support, coping skills training, and problem solving to assist Kathy to improve interactions with customers.

Clinic- Psychiatric Assessment: Dr. James, psychiatrist, will provide a psychiatric assessment within the next 30 days and formulate a plan with Kathy regarding the restarting of psychiatric medications.

Non-Billable Interventions:

- a) *Paul Peterson, friend and former coworker, will meet Kathy once a week for 30 minutes over the next twelve weeks to help her with practicing assertiveness skills so that she can effectively communicate about disagreements she has with others.*
- b) *Paul Peterson, friend and former coworker, will meet with Kathy once a week at self-help meetings for the next twelve weeks to provide moral support as she starts a new group related to her substance use.*
- c) *Larry Smith, Kathy's manager at the snack bar, will review her anger management plan with her and provide Kathy with weekly feedback on her job performance.*