

RECOVERY PLAN

GOAL(S)

Goals should be stated in the **individual's or family's own words**, and include statements of dreams, hopes, role functions and vision of life.

BARRIERS

Describe the **challenges, including 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.

INDIVIDUAL/FAMILY STRENGTHS

Identify the **individual's and family's strengths, past accomplishments**, current aspirations, motivations, personal attitudes, attributes, etc. which can be used to help accomplish goals.

OBJECTIVE WORK SHEET

Which Barrier is this objective intended to overcome?

OBJECTIVE

*Objectives = **Incremental step toward goal/measure of progress.** HOW will person know they are making progress? Using action words, describe the near-term specific changes expected in measurable and behavioral terms. Include the target date for completion, e.g., "Within 90 days, Sam will..."*

INTERVENTIONS

*Describe the specific activity, service or treatment, the provider or other responsible person (including the individual and family), and the **intended purpose or impact as it relates to this objective.** The frequency, duration and span of time service should also be specified.*

Self-directed intervention(s)
Family Involvement