

Who has access to my Recovery Plan?

Only the people you wish to have access. It is a good idea to allow your support team to have a copy so they can read, reflect and support you with the goals.

How will my support team help with my Recovery Plan?

Your support team or support worker, whether they are from an agency or someone who is simply a good friend or family member can go through each goal/aspect in your Recovery Plan and identify what kind of things need to be in place for the goal to be worked towards. For example, a goal may be to utilise public transport but you may feel you would like a support person to go with you a few times so you get used to the times and gain confidence. Utilising services can be confusing if you aren't sure where to go or how to contact them. Your support person can help identify services that may be useful to you.

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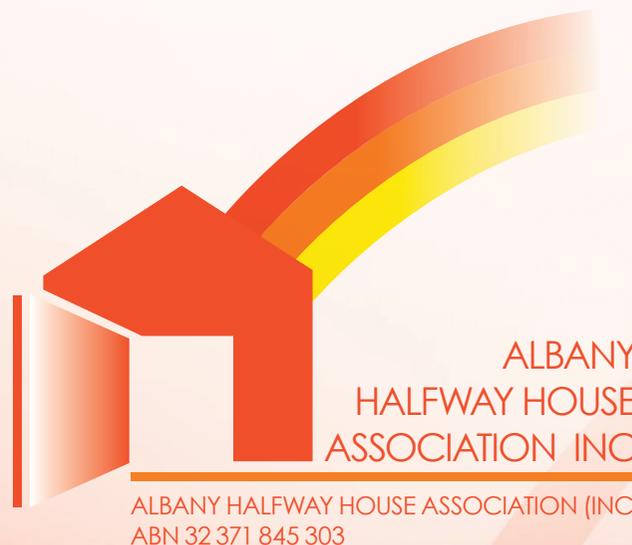
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Recovery Plans FAQ

IRRESPECTIVE OF THE COURSE,
DURATION OR SEVERITY OF THE PROBLEM,
“RECOVERY IS BEING ABLE TO LIVE A
MEANINGFUL AND SATISFYING LIFE IN THE
PRESENCE OR ABSENCE OF SYMPTOMS”.



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What is a Recovery Plan?

A recovery plan is a guide created to assist a person to achieve goals, help direct decision making, provide reassurance and to identify triggers or situations which may be unhelpful to recovery.

There are two types of Recovery Plans. Clinical Recovery is an absence of mental illness symptoms and the ability to function with activities of daily living.

A Personal Recovery is very unique and individual and is different to a Clinical Recovery. A Personal Recovery focuses on the perception and attitude of an individual and how they perceive aspects of their life. A Personal Recovery is about feelings, emotions, inner-self and how a person sees the world and themselves.

Who creates a Recovery Plan?

The person who will be using the recovery plan has control over what kinds of things are included in the Recovery Plan.

They may choose to create one by themselves or with the input from friends, family, community and health professionals.

What is in a Recovery Plan?

Every Recovery Plan is very individualised and tailored for each person. The first step of creating a Recovery Plan is for an individual to identify goals they wish to achieve, areas they may feel vulnerable or concerned about, situations or times they may feel exacerbates their illness and ways they can reduce or control these feelings.

Sometimes an individual might not recognise areas in their life they could change or improve. This is why it is helpful to create a Recovery Plan with someone who knows them well.

Recovery Plans are not all about finding aspects of an individual's life that need changing. It is a plan to assist a person to learn self-empowerment and regain personal control over their life and mental illness.

What kind of goals are included in a Recovery Plan?

There are lots of types of goals you can aspire to achieve and these can range from internal goals such as learning to identify symptoms of becoming unwell, to external goals such as going away for a holiday.

There are recovery models which can help you identify goals you may like to work towards. These models include things like physical health and self-care, employment or volunteer work, relationships, addictive behaviour, responsibilities, identity and self-esteem, living skills, managing mental illness and social networks.

Each of these areas in your life can then branch off to individual and personal aspects, for example, you may like to learn to cook healthy and budget-friendly meals. Now this has been identified, a plan can be implemented to assist you to attend a cooking class or have a friend visit to teach you.

Some goals may take longer to achieve, such as reducing and quitting a negative habit. Once a negative habit has been identified, ways to reduce and quit the habit can be discussed, planned and implemented. Perhaps an individual feels compelled to have a drink when they are stressed. Ways to handle stress can be determined to reduce the feeling of wanting a drink.

How long does a Recovery Plan last for?

Recovery Plans can last as long as an individual needs them. It can also be helpful to keep a Recovery plan, even if an individual achieves all their goals, because there may be times an individual may feel they are becoming unwell or perhaps it can reaffirm how far they have come.

What if a goal becomes too hard to achieve? Or I change my mind?

Recovery Plans are very adaptable and can be reviewed and changed if needed. It is a good idea to go over a Recovery Plan at least once a month to reflect if the goals are still relevant in an individual's life. Some goals may simply need a slight change and others may need to be removed or added to.

Some recovery goals require energy and perseverance. This may make a person feel they are not recovering as quickly as they would like or feel they are not achieving goals. It is really important to communicate with a doctor, mental health staff, a good friend or family. Relapse is a part of recovery and that's why including lots of aspects and different levels of goals is important for a sense of accomplishment.

