

# “Crisis/Recovery Planning”

## Single Point of Accountability New Hire Orientation

2016

# Personal Medicine and Recovery

Community Care

# Personal Medicine



**Things we do  
to be well**

- Active.
- Available.
- Affirming.
- **It is what we  
DO not what  
we take!**

# Personal Medicine

- ✓ What we DO to be well
  - Not what we take
- ✓ Is what we do NOW
  - Not a future goal
- ✓ Is not a feeling or state of mind
  - It is what we DO to feel better



# Definition of Personal Medicine

- The things that give my life meaning and purpose and that put a smile on my face.
- The things I do that that help make me well.
- The things I do that help me avoid jail, hospital, homelessness, losing my job, losing custody of my kids, etc.
  - **Personal Medicine contains an active ingredient**
    - **Why it helps**



# ELEMENTS OF A USEFUL & EFFECTIVE CRISIS PLAN, DEVELOPING A PLAN AND SHARING THE PLAN

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# Elements of a Useful Recovery/Recovery Plan

A good recovery/crisis plan...

1. Identifies:

- Triggers.
- Strengths.
- What works.
- What does not.

2. Is proactive.

3. Is individualized.

4. Is portable.

5. Is user-friendly.

6. Is shared and updated.

# Goals of a Good Recovery/Crisis Plan

- Help individuals learn necessary skills to monitor illness, use coping skills/supports to help prevent crisis from occurring.
- Identify triggers: list events that might increase symptoms if they happen.
- Identify strengths: empower person to take control.
- Identify what works: what has helped with symptoms or stress reduction in the past or that person would be willing to try.
- Identify what does not work: things person has tried in the past that did not help with symptoms or stress reduction.

# A Good Recovery/Crisis Plan... Is Proactive

- Encourages vigilance in symptom self-monitoring.
- Empowers individual to take control of themselves and their life, work toward feeling better sooner.
- Describes actions that person can take when they experience triggers.
- Actions that provide comfort, keep reactions from becoming more serious symptoms.
- Use what already works or try new ideas until person finds what is most helpful.

# A Good Recovery/Crisis Plan... Is Individualized

- Belongs to the individual, not viewed as required routine paperwork.
- Identifies each person's needs as a unique individual.
- Contains contact information for specific supporters/providers.
- Culturally relevant (gender, race, ethnicity, sexual orientation, etc.).

# A Good Recovery/Crisis Plan... Is Portable

- Able to be taken out and viewed when a problem is brewing.
- Especially important if triggers/symptoms arise when individual is away from home.
- Reminds person of steps they can take to feel better.
- Informs supporters/providers of individual's wishes in the event of an emergency.

# A Good Recovery/Crisis Plan... Is User-Friendly

- Individual develops content with provider support.
- In person's own words – easy to understand.
- Is portable and easy to access.
- Can be shared with the individual's support network (friends, family, etc.) to inform of how to best support the individual.

# A Good Recovery/Crisis Plan... Is Shared and Updated

- Developed in conjunction with all relevant services and natural supports.
- Sharing plan with supporters and providers ensures that member's wishes are carried out.
- Review content on a regular basis.
- Revise as member learns about themselves – what works for me? what does not?
- Integrate recovery planning into care so that plans are completed and updated routinely.

# Community Care Recovery/Crisis Plan

- Recovery/Crisis plan template adapted by Community Care with permission from Richard Goldberg, Ph.D.
- Contains all of the elements described.
- Interactive PDF, but can also complete on paper.
- PDF allows for easy electronic storage (can also print copies for individual's chart/file), makes updating plans simpler.
- Summarizes content on one page for portability when completed as a PDF.
- Available for use/download on Community Care's public website (<http://www.ccbh.com>) in Provider Resources section.
  - Instructions for completion also available.

# Community Care Recovery/Crisis Plan

- <http://www.ccbh.com/recoveryplan>
- Recommend completing PDF version [electronic version] even if original is created on paper.
- Click check boxes, click and type in text boxes.
- Last page automatically filled in based on answers; member can tear off last page and carry with them.
- Save to your computer to make changes later without starting over.
  - Be sure to give file a meaningful name to identify individual and date completed/revised.
  - Contains PHI, should be password-protected.

# Developing the Recovery/Crisis Plan

- <http://www.ccbh.com/recoveryplan>
- Process for developing plan should be driven by the member
- Member's family, friends and others who the person identifies should be consulted
- View developing plan as a process of discovery – recovery is a process and journey that continues throughout life
- Part 1 – Illness Monitoring
  - Triggers: Review possible choices with the individual
  - Thoughts/Inside Warning Signs: things the individual may notice
  - Outside Warning Signs: things other people may notice

# Developing the Recovery/Crisis Plan continued

- Part 2 – Wellness Management
  - Things that help me stay better or feel more in control when under stress or experiencing symptoms.
  - Things that help me stay well on a regular basis – personal medicine.
  - Things that make me feel worse.
- My Action Plan
  - When I notice triggers or warning signs, what can I do?
  - Who should I call to help?
  - What can other people do to help me?
  - When I handle a stressful time well, how can reward myself?

# Developing the Recovery/Crisis Plan...

- Part 3 – Crisis Preparation
  - A true crisis might look like this for me:
    - Behaviors?
    - Feelings?
    - Thoughts?
- Ask: Do you have an Advanced Directive? If not, would you like to learn more about that?
- When you are experiencing a crisis, what plan would you like to follow?
  - Who to call?
  - Identify members of support team.

# Developing the Recovery/Crisis Plan...

- Part 3 – Crisis Preparation (continued).
- In the past, what things have worked for you?
- What things have you tried that did not work for you?
- Are there things you would like to try in the future?
- Ask: Who would you like to share this plan with?
  - Names, contact information
  - Print the plan - Sign and date the plan.
  - Last page – smaller, portable copy of the important elements of my Recovery Plan.

# Sharing the Recovery/Crisis Plan

- Discuss with the individual who they would like to share a copy of the plan with.
  - Family?
  - Friends?
  - Significant others?
  - Service providers?
  - Peer support?

# Updating the Recovery/Crisis Plan

- Plan to review the plan with the member on a regular basis.
- Important times to pull out the plan and review what worked/what did not.
  - Following a crisis.
  - Following a relapse in symptoms or substance use.
  - After a hospitalization or ER visit.
  - Other significant events in a person's life
    - Change in support network.
    - Change in service provider.
    - Moves or housing changes.

# Practice: Develop your own Recovery Crisis Plan

- Part 1 – Illness Monitoring
- Part 2 - Wellness Management
- Action Plan – What I will do
- Part 3 – Crisis Preparation
- Review of Plan
- Sharing the Plan

# Recovery Crisis Plan Development

- Questions?
- Discussion