

Taking Charge of Your Treatment and Recovery in PROS:

A Consumer Guide to Completing the Comprehensive Psychiatric Rehabilitation Assessment and the Individual Recovery Plan

Recovery is about figuring out what you want in life and working towards achieving your goals. The PROS program is designed to support you in **your recovery**. In order to best meet your needs, it's important that you and your PROS team develop a clear understanding of your goals. Some people come to PROS with a very specific goal in mind (for example, "I want to get a peer counselor job" or "I want to live in independent housing"). Other people may not be so clear about how they would like their life to be different.

The first step is to complete the **Comprehensive Psychiatric Rehabilitation Assessment**. This assessment is designed to help you and your practitioner explore various aspects of your life including your level of satisfaction with your daily routine, living environment, relationships, etc. It is an opportunity to discuss how you would like your life to change and what skills and supports you might need to make the change. Most of us have more than one life goal but it can be overwhelming to try to make too many changes at one time. The Rehab Assessment will also help you figure out which goal is the priority.

The next step is to develop an **"Individual Recovery Plan" or "IRP"** which is your "roadmap to recovery". The **Comprehensive Psychiatric Rehabilitation Assessment** helps you to identify some of the areas of your life that you want to work on so you are prepared to create an IRP.

An "IRP" is the **document that you create with your PROS team** to help plan how you want to move forward towards your goals. The **IRP** is used:

- To help decide on goals which are important to you in your recovery and well-being.
- To help decide on the things that you personally need to do to make progress and overcome barriers toward these goals.
- To help decide on the types of services and supports your team can offer to help you achieve these goals.
- By your PROS team so they can document, and get payment for, the services they provide to you.

You will work on developing your "IRP" in an **"individual recovery planning"** meeting.



*Nothing will work
unless you do*

*Maya Angelou
African-American Poet*

What is an “individual recovery planning” meeting?

It is a meeting where you:

- Work in partnership with others to create **your IRP**.
- Invite friends, family members, caregivers or other important people who you want to involve in developing your recovery plan.
- Review your progress on a regular basis---usually every 6 months or as needed.

What is YOUR role in this meeting?

For this meeting, it is useful to:

- Think about your priorities and goals ahead of time.
- Ask for the types of services and supports that would be most helpful to you---and if you're not familiar with PROS, ask for an explanation of all the services that are available to you.
- **SPEAK UP** and share your ideas and needs with your team!
- Recognize your responsibilities in working towards your goals.



What kinds of things can I bring up at this meeting?

This is YOUR meeting. You can:

- Discuss anything you think is important to you and what you want out of your life.
- Explore ways to pursue your goals, both clinical treatment goals and also your goals and dreams for employment, education, social activities, and your living space.

What happens after this meeting?

- Your practitioner will work with you to include the things you talked about in a written document, the IRP.
- This document is both a summary of the meeting and an outline of upcoming action steps for you and your team members (both professional supporters and friends/family who may be involved).
- You should review the written plan with your practitioner and make sure you understand it. Ask questions if you don't.
- You should sign the plan and ask for a copy for your records. Keep it in a safe place to protect your confidentiality.
- In order to measure your progress, review your IRP (alone or with your practitioner, family, friends, etc) on a regular basis. If you're not making measurable progress, change the plan!!!

- **WORK YOUR PLAN!** Follow through on your personal action steps and take charge of your life!

Goal Setting Tips

Figuring out your goals can be a challenge. Sometimes it's easy to know exactly what you want and where to start, but other times it may be more difficult. The following questions may help you to better decide on what you want to work on right now in your life.

Some tips that might help you when thinking about setting goals:

- *State each goal as a positive statement:* Express your goals positively. "Find a Job" is a much better goal than "Stop being unemployed."
- *Be specific:* Set a specific goal, putting in dates, times and amounts so that you can measure achievement. If you do this, you will know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.
- *Set priorities:* When you have several goals, give each a priority, or importance. This helps you to avoid feeling overwhelmed by too many goals, and helps you to direct your attention to the most important ones. As a rule of thumb in setting goals, it is sometimes helpful to remember that "less is more," and most people only actively work on a few areas of their life at one time. Even though there may be many things you would like to see improved, you have a better chance of success if you focus on a few areas at a time. Then, when you feel like you've made progress in these areas, you can move on to the next priority.
- *Write goals down:* This crystallizes them and gives them more force. Organizing our thoughts ahead of time helps you remember to be firm about what is most important to us. It also lets us make the most effective use of time.
- *Keep the goals manageable:* There's nothing wrong with "dreaming big," but it's helpful to focus on smaller, achievable steps in order to make your dreams come true. If a goal is too large, then it can seem that you are not making progress towards it. Taking it one step at a time can help keep you motivated by offering many opportunities to feel a sense of achievement. Derive today's goals from larger ones.
- *Make the goals your own:* It is important to set goals that you want to achieve. All sorts of people (treatment providers, employers, family, media, society) can set unrealistic goals for you. Sometimes other people can push you too hard, or have goals that are their goals for you and not really your goals. It's your life!

Optional Notes to Self: Getting Ready for the Rehabilitation Assessment

1. How would I like my life to be different?
2. What are some strengths and abilities that I have that will help me achieve my goals?
3. What are some potential barriers that I will need to overcome?
4. Is there anyone (family, friends, counselors, etc.) that I would like to invite to support me in setting a rehabilitation goal?