

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Goal Attainment

Total Number of Sessions: 12

Source:

“Team Solutions, Workbook 10-Recovery in Process; Putting it all together (E.L. Lily 2009)”

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:**
Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorders, Personality Disorders

- **Barriers to be overcome:**
 - Limited insight into strengths and weaknesses
 - Difficulty implementing learned skills
 - Limited ability make decisions and problem solve
 - Difficulty following through with individualized recovery plan

Service Goal:

- This group focuses on how to establish life goals using participants’ strengths. Participants will learn how to take responsibility for setting goals that assist them in feeling more independent and hopeful about their recovery.

Service Objectives:

- Participants will recognize strengths-based, self-directed recovery.
- Participants will develop and nurture a supportive network
- Participants will work through and manage setbacks or relapse if it happened
- Participants will understand a holistic, recovery approach that includes mind, body and spirit.
- Participants will develop and follow an individualized recovery plan.

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Session: 1 Recovery is Individual and Person-Centered

Duration: 45 minutes

Service Objective(s): Participants will identify what recovery means to them. Participants will name at least one thing they would like to know more about that would help them in their recovery.

Handouts:

- Topic Assessment (pg. 6)
- Where I am Today in My Recovery (pg. 11)

Activities:

- Discussion on personal recovery (pg. 8)
- Recovery is guided by your personal goals (pg. 9)
- Discussion on relapse of symptoms (pg. 9)
- Recovery focus activity (pg. 10)
- Complete Where I am Today in My Recovery (pg. 11)

Homework:

- None

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Session: 2 Start on Your Road to Recovery

Duration: 45 minutes

Service Objective(s): Participants will identify activities they enjoy doing. Participants will develop a plan for getting their recovery started using an easy and enjoyable activity. Participants will name two things they can do to feel like they are moving forwards.

Handouts:

- Activity toward recovery (pg. 17-19)

Activities:

- Review Session 1
- Discussion on building road to recovery (pg. 17)
- Discuss and complete activity toward recovery (pg. 17-19)

Homework:

- Participants will try one new idea to comfort themselves and move forward

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Session: 3 Pursuit of Life Goals

Duration: 45 minutes

Service Objective(s): Participants will identify one thing that recovery means to them beyond managing symptoms. Participants will name two ways they can begin to become the person they want to be. Participants will identify two new or renewed life goals.

Handouts:

- Topic Assessment (pg. 24)
- Reconnecting with Dreams (pg. 27)

Activities:

- Review Session 2
- Review homework
- Complete Topic Assessment (pg. 24)
- Discussion on pursuing goals (pg. 26)
- Complete Reconnecting with My Dreams (pg. 27)
- Discuss “Slow and Steady wins the race” (pg. 28)

Homework:

- Participants will practice new knowledge and skills towards taking steps

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Session: 4 Using Your Strengths to Plan Ahead

Duration: 45 minutes

Service Objective(s): Participants will identify what recovery means to them. Participants will name at least one thing they would like to know more about that would help them in their recovery.

Handouts:

- Topic Assessment (pg. 33)
- Strengths to Plan Ahead (pg. 37)

Activities:

- Review Session 3
- Complete Topic Assessment (pg. 33)
- Discussion when to call prescriber (pg. 35)
- Discuss importance of planning ahead (pg. 36)
- Complete Strengths to Plan Ahead (pg. 37)

Homework:

- Participants will prepare for emergency by placing emergency plan in a neutral location

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Session: 5 Taking Responsibility for Your Personal Recovery Plan

Duration: 45 minutes

Service Objective(s): Participants will set up Personal Recovery Plan. Participants will identify two short-term steps that are needed to reach one of their long-term life goals.

Handouts:

- Topic Assessment (pg. 42)
- Things Want in Life (pg. 45)
- Pathway to Recovery (pg. 48-49)

Activities:

- Review Session 4
- Complete Topic Assessment (pg. 42)
- Discussion on writing out goals (pg. 44)
- Complete and Discuss goals (pg. 45)
- Discuss recovery may have setbacks (pg. 46)
- Discuss Components of Recovery (pg. 50-51)

Homework:

- Participants will discuss with treatment team about My Pathway to Recovery plan

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Session: 6 Recovery is Not a Step-by-Step Process

Duration: 45 minutes

Service Objective(s): Participants will identify ways they can work with their treatment team to change their relapse prevention plan so it will be more helpful to them next time. Participants will name two people that can be of help to them if their symptoms start to bother them.

Handouts:

- Topic Assessment (pg. 55)
- Warning Signs (pg. 58)

Activities:

- Review Session 5
- Review Homework
- Complete Topic Assessment (pg. 55)
- Identify Early signs of relapse (pg. 57-60)
- Complete Warning Signs (pg. 58)

Homework:

- Participants will discuss warning signs with support system through hand out

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Session: 7 Planning Ahead to Use Resources

Duration: 45 minutes

Service Objective(s): Participants will recognize ways that friends help with their recovery. Participants will develop a list of people who may support you in your recovery. Participants will identify at least one support group available to them and know what it has to offer.

Handouts:

- Topic Assessment (pg. 65)
- List of People for Recovery Support (pg. 68)

Activities:

- Review Session 6
- Review Homework
- Complete Topic Assessment (pg. 65)
- Discussion on support (pg. 67)
- Complete list of people for recovery support (pg. 68)
- Discuss support groups (pg. 69)

Homework:

- Participants will finish filling out the phone numbers of the list of people who are their support to recovery. They will put this paper where they can get to it easily.

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Session: 8 Balance of Mind, Body, and Spirit: A Holistic Approach

Duration: 45 minutes

Service Objective(s): Participants will recognize ways positive thoughts help mental health. Participants will identify two things that can improve physical health. Participants will recognize that their spiritual health is part of their overall health and wellness.

Handouts:

- Topic Assessment (pg. 74)
- Outlook on Life (pg. 77)

Activities:

- Review Session 6
- Review Homework
- Complete Topic Assessment (pg. 74)
- Discussion on balance in life (pg. 76)
- Complete and discuss outlook on life (pg. 77)
- Discuss spiritual health (pg. 78)

Homework:

- Participants will get in touch with what they believe and finish the following statement “ I believe...”

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Session: 9 Having Fun and Rewarding Yourself

Duration: 45 minutes

Service Objective(s): Participants will identify obstacles they have overcome on their road to recovery. Participants will share a time of fun and shared support with other participants and staff.

Handouts:

- Blank paper for self assessment

Activities:

- Review Session 8
- Review Homework
- Importance of fun and laughter (pg. 84)
- Participants will take turns making positive statements about person beside them (pg. 84)
- Create self-rewards list on white board

Homework:

- Participants will start a list and write down one positive thing about themselves every day. They will then reward themselves with a positive activity.

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Session: 10 Independence and Hope

Duration: 45 minutes

Service Objective(s): Participants will acknowledge and celebrate personal recovery.

Handouts:

- Topic Assessment (pg. 90)
- What Stage are you at (pg. 94)

Activities:

- Review Session 9
- Review Homework
- Complete Topic Assessment (pg. 90)
- Discussion on stages of illness (pg. 92-93)
- Complete Handout (pg. 94)

Homework:

- None

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Session: 11 10 Fundamental Components of Recovery

Duration: 45 minutes

Service Objective(s): Participants will recognize the different components in recovery.

Handouts:

- Components (pg. 50-51)

Activities:

- Review Session 10
- List and discussion on each fundamental component (pg. 50-51)

Homework:

- Participants will practice skills and prepare to discuss challenges at next session

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Session: 12 My Pathway of Recovery

Duration: 45 minutes

Service Objective(s): Participants will compare pathway of recovery from today to beginning of curriculum.

Handouts:

- Pathway of Recovery

Activities:

- Review Session 11
- Review Homework
- Complete Pathway of Recovery
- Compare Pathway of Recovery
- Discuss setbacks
- Review weeks 1-10

Homework:

- Participants will practice skills learned from Goal Attainment

