
Action Planning

for Prevention and Recovery

A Self-Help Workbook



Recovery

The Community Care Steps of Hope program is providing this workbook* to assist you in making a behavioral health action plan for prevention and recovery. People with a written action plan report that by being prepared and taking steps as necessary, they feel better more often and have improved the overall quality of their lives.

An action plan for prevention and recovery works because it is easy to develop and easy to use. YOUR plan—developed by you with assistance and support from others—directly addresses the feelings, symptoms, circumstances, and events that are most troubling to you and lists actions to respond to them. Sharing your written plan with your supporters and health care providers will ensure that your wishes are carried out.

You may want to review and revise your plan as you learn new things about yourself and ways you can help yourself feel better. You may want to carry this plan, or parts of it, with you so you can refer to it if triggers or symptoms come up when you are away from home.

People who have an action plan usually find that they have fewer difficult times, and that when they do have a hard time, it's not as bad as it used to be and doesn't last as long. A plan of action will renew your sense of hope that things can and will get better. You have control over your life and the way you feel. Start planning!

* This workbook was designed to be used independently or with “*Action Planning for Prevention and Recovery, A Self-Help Guide*,” produced by the U.S. Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), and prepared by Mary Ellen Copeland, MS, MA, under contract number 99M005957. Acknowledgement is given to the many mental health consumers who worked on this project offering advice and suggestions.



PART 4. HEALTH CARE PROVIDERS AND MEDICATIONS (continued)

List the medications that would be **acceptable** to you if medications became necessary and why you would choose them:

List the medications that must be **avoided**—like those you are allergic to, that conflict with another medication, or cause undesirable side effects—and give the reasons why:

List any vitamins, herbs, alternative medications, and supplements you are taking. Note which should be increased/decreased if you are in crisis, and which are not good for you.

Part 5. Treatments. The word “treatment” here means medical procedures or the many possibilities of alternative therapy (such as vitamin B injections, massages, or cranial sacral therapy).

PART 5. TREATMENTS

List the treatments you are currently undergoing and why:

List the treatments you would prefer if treatments or additional treatments became necessary and why you would chose those:

PART 5. TREATMENTS (continued)

List the treatments that would be acceptable to you if treatments were deemed necessary by your support team:

List the treatments that must be avoided and why:

PART 8. WHAT YOU NEED FROM OTHERS (continued)

Include a list of specific tasks you would like others to do for you, whom you would like to do which task, and any specific instructions they might need. Tasks might include: taking care of the children; buying groceries; feeding the pets; watering the plants; paying the bills; taking out the garbage or trash; and doing the laundry. Include instructions on how you want to be treated by your caregivers, such as “kindly, but firmly.”

You may want to list things that you want others NOT to do for you, such as forcing you to walk, scolding, being impatient, taking away your cigarettes or coffee, or talking continuously.

Recovery

You've now completed your action plan for prevention and recovery. Review it regularly. Update it when you learn new information or change your mind about things. Date your plan each time you change it and give revised copies to your supporters. Signing your plan in the presence of two witnesses may ensure that your plan will be followed.

Having a strong team of supporters is so important. Distributing your crisis plan to your supporters and discussing it with them is absolutely essential to your safety and well-being.

The Community Care Steps of Hope program is built on the idea that recovery can and does happen. Steps of Hope staff can help you find hope on your road to recovery. To learn more about Steps of Hope, call (toll-free) 1-866-225-8044.

Community Care is a recovery-oriented nonprofit behavioral health managed care organization that manages mental health as well as drug and alcohol services primarily for individuals receiving Medical Assistance. Part of the UPMC Insurance Services Division, Community Care's mission is to improve the health and well-being of the community through the delivery of effective and accessible behavioral health services. Visit www.ccbh.com.





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