



# Recovery Roadmap

## Tips for Recognizing Person-Centered Process

The Recovery Roadmap is designed to educate you about Person-Centered Planning so that you can be an active participant and feel respected in the process. The following tool will help you to reflect on whether or not you are receiving good person-centered planning. You can use this tool to identify things that are going well, and things that might need to be improved. We encourage you to discuss your feedback with your team or individual service provider. This tool has two parts. The first section below will help you to recognize what a good person-centered PROCESS will look like in a person-centered planning meeting. The second section, which we will share in Unit 5, will give you tips for recognizing what a good person-centered PLAN looks like.

### SECTION A: WAS MY MEETING CARRIED OUT IN A PERSON-CENTERED WAY?

The first section reviews the ways in which we hope planning MEETINGS will be organized and carried out.

Item #	Response	Yes	No	I Don't Know/ NA
A1	I know ahead of time about when my planning meeting is going to happen (i.e., I am given advance notice).			
A2	I had meaningful input regarding invitees as well as who would take the lead in running the meeting.			
A3	My provider/team reminds me that I can bring my family, friends, or other supportive people to my treatment planning meetings.			
A4	I have the opportunity to work with a peer specialist/coach if I want help getting ready for my planning meeting.			
A5	My provider/team members are on time to my recovery planning meeting.			

<b>A6</b>	If needed, someone begins the meeting with introductions, states the purpose of the meeting, and provides orientation to person-centered planning.			
<b>A7</b>	I feel like I have my provider's/my team's full attention during the meeting (e.g., people are not busy with cell phones, and do not have side bar conversations, etc.).			
<b>A8</b>	During the meeting, comments and questions about me are directed toward me first.			
<b>A9</b>	The goals discussed are about having a meaningful life in the community (home, job/valued roles, relationships, etc.), not only about symptom management.			
<b>A10</b>	My talents, strengths, and interests are a part of the conversation.			
<b>A11</b>	Potential obstacles to my goals are discussed. MY provider/team and I work together to figure out what's getting in the way of the life I want to live.			
<b>A12</b>	Recommended services are discussed and the purpose is explained to me so I can make an informed decision.			
<b>A13</b>	My provider/team asks me about parts of my culture (such as my spiritual beliefs and my cultural views) that she or he did not understand.			
<b>A14</b>	My provider/team support me around dealing with issues of trauma but do not pressure me to discuss this in the meeting if it is my preference not to.			
<b>A15</b>	My provider/team asks about and encourages me to make meaningful connections to community activities I am interested in.			

<b>A16</b>	I am offered education about personal wellness, advanced directives, personalized relapse prevention plans, and Wellness Recovery Action Planning (WRAP) as part of my planning meeting.			
<b>A17</b>	I am offered a copy of my plan to review and keep.			
<b>A18</b>	My provider/team supports me in making my own decisions/choices to take risks/try new things (e.g., work, hobbies, relationships, a new apartment) instead of delaying/waiting until my symptoms are better.			
<b>A19</b>	In my meeting, there is open conversation around what providers might perceive to be “unsafe” behaviors and my perspective is elicited and respected.			
<b>A20</b>	If needed, I was offered accommodations (e.g., sign language interpreters or bilingual/bicultural translators) to make me feel more comfortable.			
<b>A21</b>	All people involved in the meeting are invited contribute to the conversation and are valued as members of the team.			
<b>A22</b>	Common, understandable language is used—not unnecessary medical or clinical jargon.			
<b>A23</b>	During the meeting, my team/provider invited my input and checked to make sure if I had questions or concerns.			
<b>A24</b>	I was comfortable raising concerns/asking questions.			
<b>A25</b>	Overall, my meeting felt like it was a collaborative effort and my ideas and wishes were heard and respected.			