



# Your Treatment Plan & Meeting :

## *Making it work for you and your recovery*



### **What is a “treatment plan”?**

A treatment plan:

- is sometimes also called a service plan or a recovery plan.
- is a document that you create with your team to help plan for your recovery and services.
- identifies goals that are important to you in your recovery and well-being.
- identifies the things that you and your team need to do to help you achieve these goals.
- Is the document that your clinical team uses to get payment for the supports they provide to you.

### **What is a “treatment planning” meeting?**

It is a meeting:

- where you work in partnership with others to create your treatment plan.
- that happens on a regular basis – usually every 6 months (although the plan can be updated as needed).
- where you have a right to invite anyone you believe is supportive of your recovery.

### **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 support that would be most helpful to you.
- SPEAK UP and share your ideas and needs with your team!
- Think about your own responsibilities in working towards your goals.

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

This is YOUR meeting. You can:

- Bring up anything you think is important in your recovery
- Discuss 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?**

After this meeting:

- Your clinician will work to include the things you talked about in a written document.
- This document is both a summary of the meeting and an outline of upcoming action steps for you and your team members.
- You should review the written plan with your clinician 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.
- WORK YOUR PLAN! Follow through on your personal action steps and take charge of your recovery!