

Personal Recovery Plan

For: Linda Assisted by: Helen Date: 6-11-07

What I would like to achieve (*something that is meaningful for me*):

I want to learn how to better control voices so I feel more comfortable going out in public.

Why is this important to me:

I want to feel and be a part of things

Measurable Short-Term Steps	Responsibility	Date To Be Accomplished	Date Accomplished	Comments:
1. Update Strengths Assessment to identify what is currently helpful now or has been in the past.	Linda and Helen	6-11-07	6-11-07	See S.A. for updated info
2. Identify current triggers related to voices	Linda and Helen	6-11-07	6-11-07	Voices are worse when I am alone at night or when I feel stressed
3. Take Strengths Assessment to group supervision to get additional ideas on dealing with voices	Helen	6-13-07		
4. Talk to psychiatrist about possible med choices available that might help with voices	Helen and Linda	7-10-07		Helen will wait until regularly scheduled meeting with psychiatrist. Until then she will keep weekly log of how meds are doing