

## Personal Recovery Plan

For Elizabeth W.

**My goal** (This is something meaningful and important that I achieve as part of my recovery):

I want my own apartment

**Why this is important to me:**

So I can have more freedom and so I can prove to myself and my family that I can do this.

What will we do today or before our next meeting? (Measurable Short-Term Action Steps Toward Achievement)	Who is Responsible?	Date To Be Accomplished	Date Accomplished	Comments:
1. Talk to landlord at Hitchcock Towers and ask if there are any openings	Elizabeth	8-4-08	8-4-08	There currently is a waiting list. Got application.
2. Fill out application for Hitchcock Towers	Elizabeth and Rynette	8-7-08	8-7-08	Turned in application. Will be notified when there is a vacancy. Could be at least two months.
3. Make list of all the things needed for new apartment	Elizabeth and Rynette	8-11-08	8-11-08	See attached list
4. Talk to mom about what items on list she might be able to help out with	Elizabeth	8-14-08	8-15-08	Mom will be able to help with many kitchen items (bowls, cups, silverware, etc.)
5. Go to St. Marks to see what used furniture they have.	Elizabeth and Rynette	8-18-08	8-18-08	They have sofa, chair, table and lamp set for \$75
6. Talk to mom about purchasing furniture set	Elizabeth and Rynette	8-18-08	8-18-08	Mom is okay with purchasing furniture if we find a place to keep it.
7. Talk to brother about storing furniture in garage until apartment become available.	Elizabeth	8-19-08	8-21-08	Brother is willing to store furniture, but wants help clearing space.
8. Go to St. Marks to purchase furniture	Elizabeth, Sheila, Rynette	8-21-08	8-21-08	St. Marks will hold furniture until brother can pick up on weekend.
9. Pick up furniture	Elizabeth and Roy	8-23-08	8-23-08	Furniture is in Roy's garage
10. Make a list of what supports will be needed when in new apartment	Elizabeth and Rynette	8-25-08	8-25-08	Discussed ways mom, brother and I can be helpful.

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11. Update crisis plan	Elizabeth and Rynette	9-2-08	9-2-08	Started, but will continue to work more on it next week.
12. Call landlord to check status of application	Elizabeth and Rynette	9-2-08	9-2-08	Still on waiting list. May have opening in October.
13. Update crisis plan	Elizabeth and Rynette	9-4-08	9-4-08	Elizabeth identified several things that will help her decrease stress while waiting for her apartment to become available including: talking to Hannah, reading book with her kids, listening to music, etc.
14. Make copy of crisis plan for Elizabeth	Rynette	9-9-08		
15. Call Hannah at least two times this week	Elizabeth	9-11-08		