

Worksheet #4
Recovery Milestones



WORKSHEET: RECOVERY MILESTONES

1. With a specific individual in mind, place a check mark in every criterion met by the person.
2. Determine the recovery milestone that best characterizes the individual.
3. In the right-hand column, indicate how treatment planning or discharge planning should be adjusted in view of the individual's recovery status.

RECOVERY MILESTONE	TREATMENT / DISCHARGE PLANNING IMPLICATIONS
<p>1. "Extreme risk"</p> <ul style="list-style-type: none">Frequent, recurrent, and prolonged dangerousnessFrequently institutionalizedUnable to function well enough to meet basic needs even with assistanceCommunity-based services not likely to be safe	<div style="border: 1px solid black; height: 200px;"></div>
<p>2. "High risk/not engaged"</p> <ul style="list-style-type: none">Often disruptive and taken to hospitals or jailsHigh symptom distressOften homelessMay be actively abusing substancesNot actively managing a serious co-occurring physical condition if any are presentOften engage in high-risk behaviorsMay not believe he/she has a mental illnessTends to refuse psychiatric medicationsNot self-supportiveNot participating voluntarily in ongoing treatment or very uncooperative toward service providers	<div style="border: 1px solid black; height: 250px;"></div>

RECOVERY MILESTONE

TREATMENT / DISCHARGE PLANNING IMPLICATIONS

3. "High risk/engaged"

Voluntarily participating and cooperating in ongoing treatment

Otherwise, same as group 2



4. "Poorly coping/not engaged"

Not disruptive

Generally, not a danger to self or others

Infrequently taken to hospitals or jails

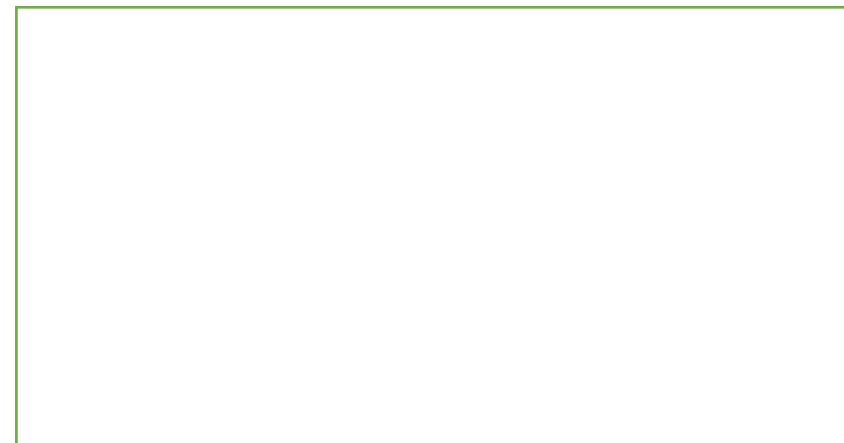
Moderate to high symptom distress

May abuse substances with moderate but intermittent disruption thus

May not think he/she has a mental illness and is unlikely to be taking psychiatric medications

Deficits in several ADL-s (Activities of Daily Living skills), needs substantial support

Not participating voluntarily in ongoing treatment and/or is very uncooperative toward providers



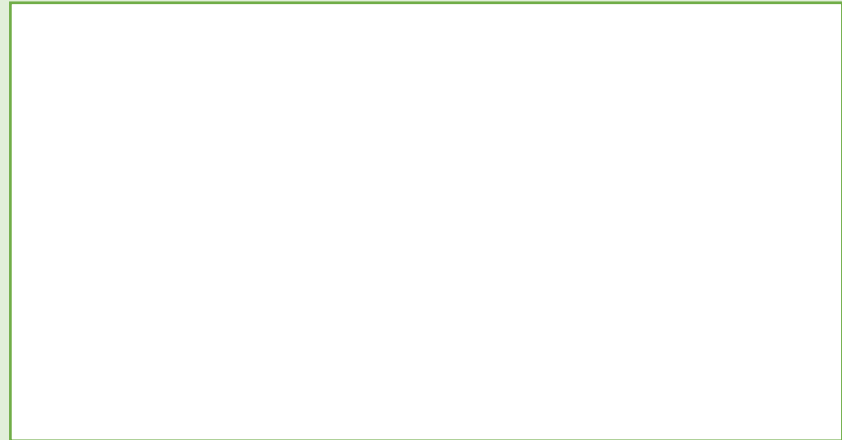
RECOVERY MILESTONE

TREATMENT / DISCHARGE PLANNING IMPLICATIONS

5. "Poorly coping/engaged"

Voluntarily participating and cooperating in ongoing mental health treatment

Otherwise, same as group 4



6. "Coping/rehabilitating"

Voluntarily participating in ongoing treatment

Abstinent or minimal impairment from substances

Rarely taken to hospitals, almost never taken to jail

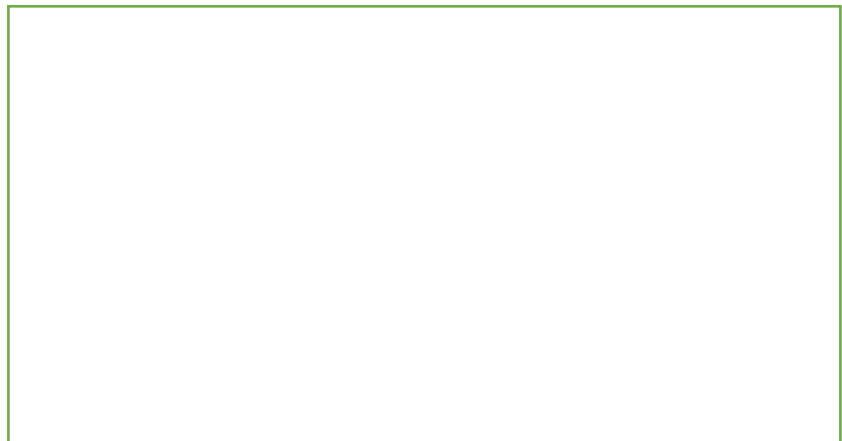
Managing symptom distress

Actively setting and pursuing quality-of-life goals

Began the process of establishing "nondisabled" roles, but may need substantial support and guidance

May be productive in some meaningful roles

Expresses little desire to take on increased responsibilities of work or school, but content and satisfied with life

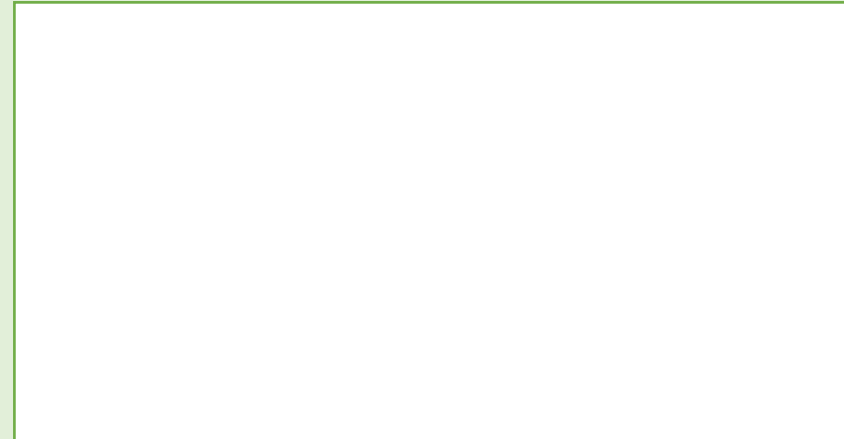


RECOVERY MILESTONE

TREATMENT / DISCHARGE PLANNING IMPLICATIONS

7. "Early Recovery"

Actively managing mental health treatment; staff rarely need to anticipate or respond to problems
Rarely use hospitals, not being taken to jails
Abstinent or minimal impairment from substances
Managing symptom distress
Setting, pursuing, and achieving many quality-of-life goals with minimal support from staff and have established roles in the greater community
Actively managing physical health disabilities or disorders, if present
Functioning in many life areas and are very self-supporting or productive in meaningful roles
Usually have a well-defined social support network including friends and/or family



8. "Advanced Recovery"

Completely self-supporting with possible exception of Medicaid or other health benefits
May still identify self as having a mental illness, but no longer psychiatrically disabled
Indistinguishable from nondisabled neighbors

