



Prevention Education Treatment Recovery Assistance

Making Your Treatment and Recovery Plan

Recovery is different for everyone. You need to make a plan that works for you and helps during life's more challenging times. During periods of stress, craving, or lack of motivation, having a plan to fall back on can help you keep on track for a healthier life.

Take the following steps to create your plan:

- Identify your wellness goals
- Write the steps you need to take to reach these goals
- Think about your goals for today and for the future
- Track your progress
- List your triggers and ways to manage them

Before Writing Your Plan:

It's important to be honest with yourself about your substance use and what your goals and needs are. It will help to ask yourself the following questions:

- **Why do I want to make this change?** Now is the time to think hard about the benefits of cutting down or completely stopping your use and the benefits -no matter how small or large- that go along with it. Do you want to improve relationships with your friends and family? Do you want to save money? Is your job at risk if you continue your substance use? Do you want to feel healthier?
- **What are the biggest challenges when I make this change?** When challenges come up, do you have coping skills that don't include substance use. Do you have a support system such as family or friends for when you might need support? Do you know where to find other supports such as Narcotics Anonymous (NA) meetings or a Community Health Worker/ Recovery Coach (CHW/RC)* who can assist you to connect with needed services or resources?

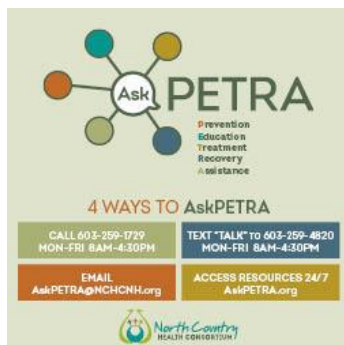


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- **Can I stick to the steps in my plan?** What steps can you take today and in the future toward a healthier life? What do you need to have in place to feel good about your plan as you move forward?
 - **Things to think about:**
 - What are your personal triggers? Are there people, places, or situations that you'll need to avoid to make your plan successful? What are specific steps you can take to address your triggers?
 - How can you make self-care a priority? What find relaxing? Do you enjoy being with friends or family? Can you change your diet, exercise, or sleep patterns to help improve your overall health?
 - What coping skills can you learn or build to help with anger management, or emotional or social challenges?
 - What will your relapse prevention plan be? Recovery can be an up and down pathway may not always be easy. What steps can you put into place when the challenges feel overwhelming? Are there support group meetings? A "sober buddy?" Counseling? A connection with a Community Health Worker/ Recovery Coach?

Creating Your Plan

The most important part about creating a recovery plan is making sure it fits what's best for you. You will be creating goals and positive steps towards wellness, and no step is too small. It may be helpful to look at each individual goal, but keep in mind the "Big Picture" to take a step back and see the "Big Picture" and how your entire plan fits together as a whole. The next few pages give an example of a Personal Recovery Plan. If you need help creating yours, contact AskPETRA* today.



**AskPETRA is a free service that provides local resources, training and one-on-one help to connect adults, families, and providers with the support they need to understand, prevent, and treat Substance Use Disorder (SUD) in Northern NH.*



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MY PERSONAL RECOVERY PLAN

Situations that may put me at risk for using:

1. *Using substances when I go fishing with my buddies*
2. *Gathering with family at holidays or on the weekends*
3. *Being a part of "Girls' Night"*
4. -----
5. -----
6. -----

How I will address those triggers:

1. *I'll let my buddies know I'm taking some time off*
2. *I'll identify coping skills to deal with the triggers that time with my family brings*
3. *I'll suggest other activities that may not involve substances to enjoy the evening.
Or, I'll make plan with a member of the group who will support me as I remain
substance-free for the evening*
4. -----
5. -----
6. -----

I will increase my self-care by:

1. *Eating healthier*
2. *Seeking out counseling*
3. *Getting more exercise*
4. -----
5. -----
6. -----



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Coping skills I will learn or improve, and the steps I will take to make this happen:

1. *I will engage in physical exercise so I can "release some steam"*
2. *I will write in my journal and identify my emotions around my trigger points*
3. *I will take more time to be in nature to relax*
4. -----
5. -----
6. -----

I will work to prevent relapse by:

1. *Attending 12-Step Meetings*
2. *Connecting with a Community Health Worker/ Recovery Coach*
3. -----
4. -----
5. -----

Long term goals that I would like to meet as a result of this plan:

1. *I will be able to attend my son's graduation sober*
2. *I will be able to take steps towards financial stability*
3. *I will gain self-respect*
4. -----
5. -----
6. -----

Remember:

You are not alone. Taking steps toward recovery is not easy but there are people and programs available to support you. AskPETRA* has trained Community Health Care/ Recovery Coaches available for support and navigating services, as well as a website that has resources and information about treatment and recovery.