

Recovery: support for the next step | Example

The Missed Bus: A Recovery Planning Example

Adults | 5 to 8 minutes | Handout

See how a fictional person adjusts a plan when practical barriers interfere.

This fictional example follows Avery, an adult who wants support with recovery while working evening shifts. It illustrates planning and adaptation; it is not a treatment recommendation or a client account.

How to use this page

Read Avery's choices. Notice the practical barrier, the specific request, and the part of the plan that remains uncertain.

The original plan

Avery planned to attend a peer meeting after work. A late shift meant missing the last convenient bus. Avery felt discouraged and began thinking there was no point trying again. The barrier was not simply motivation: the meeting and transport schedule did not fit.

The revised request

At the next care appointment, Avery said, "I want connection after my late shifts. Can we look at one option I can reach?" Together they checked an online group's schedule, privacy expectations, and joining process. Avery also asked a trusted friend for a short weekend check-in.

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What Avery learned

The online group was accessible, but speaking on camera felt uncomfortable. Avery asked about listening first and learned that participation options varied. The next step was to check another group's expectations. The process had not solved every recovery need, but it produced a more specific question for the care team.

1. Which part of Avery's planning process would you keep or change?

Facilitator notes and adaptation

Do not present peer groups as interchangeable, guaranteed safe, or substitutes for indicated care. Help verify actual access, eligibility, privacy, and expectations.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB03 | SAMHSA; official copy hosted by GovInfo | Important Considerations in Recovery

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https://www.govinfo.gov/content/pkg/GOVPUB-HE20_400-PURL-gpo234454/pdf/GOVPUB-HE20_400-PURL-gpo234454.pdf

PB04 | National Institute on Alcohol Abuse and Alcoholism | Long-Term Recovery Support

<https://alcoholtreatment.niaaa.nih.gov/support-through-the-process/long-term-recovery-support>