

Recovery: support for the next step | Facilitate

Facilitator Notes: Recovery Goals and Access

Mental health professionals | 10 to 20 minutes | Session guide

Use the pack to support choice and practical planning within an appropriate care relationship.

This guide helps a professional choose one recovery activity and plan its follow-up. It does not establish a level of care, diagnose a disorder, or provide withdrawal or overdose management.

How to use this page

Before using a worksheet, clarify the person's immediate priorities and whether planning is appropriate today. The estimated time refers to preparation, not a complete clinical encounter.

Begin with the person's language

Ask what they want to change and what support has felt helpful or harmful. Avoid imposing abstinence, a recovery identity, a spiritual framework, or a specific peer group through this pack. Discuss indicated care options within your role and respect informed choices.

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Check conditions for participation

Assess urgent concerns through established clinical procedures. Offer a brief or verbal version, and avoid detailed recall of cues if that increases distress or urges. Consider transport, housing, food, disability, childcare, language, cost, and digital privacy alongside individual strategies.

Make the follow-up concrete

Help verify one support route, including hours and eligibility. Clarify who will do what and when. At review, explore what the attempt taught both of you. A missed task may reveal a poor fit or an access barrier. Maintain a separate, appropriate plan for clinical monitoring and urgent needs.

1. One access barrier, adaptation, or follow-up responsibility to address through approved care processes

Facilitator notes and adaptation

Keep real clinical information in approved records. These pages are original educational aids with conceptual references, not validated relapse-prediction or readiness tools.

PK07-07 | continued**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

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>

PB05 | National Institute on Alcohol Abuse and Alcoholism | How to Stop Alcohol Cravings

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>