

THE PRACTICE PACKS / PK07

Recovery: support for the next step

Plan for real life, with support.

Identify one recovery priority, prepare for a difficult moment, and make a specific support request. Original examples and review pages make space for changing goals, practical barriers, and professional care.

Adults | 7 original resources

A sequence you can adapt

Explore an explanation or fictional example. Choose an activity, rehearse, try an optional practice, and review what helped. Use the facilitator guide to adapt the sequence; every page is optional.

Choose with care

Let the person define the language and goals of recovery. Assess current clinical needs through established care processes before using planning pages; medical withdrawal, overdose, and urgent risk require appropriate care. Do not require a detailed account of substance use or interpret completion as readiness.

Large print fillable edition

Type into response areas and save a separate copy in a PDF reader that supports forms.

Inside this pack

1. Recovery Can Include More Than One Kind of Support

Identify a personally meaningful recovery priority and the kind of help it needs.

2. The Missed Bus: A Recovery Planning Example

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

3. My Difficult-Moment Support Map

Connect an early signal with one available action and a backup source of support.

4. Ask for the Kind of Support You Need

Practice a specific support request while leaving room for limits and alternatives.

5. Make One Support Easier to Reach

Remove one practical obstacle to a support option you have chosen.

6. Review Without Starting Over

Identify what a recent attempt revealed and choose an adjusted support step.

7. Facilitator Notes: Recovery Goals and Access

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

Recovery: support for the next step | Understand

Recovery Can Include More Than One Kind of Support

Adults | 5 to 8 minutes | Handout

Identify a personally meaningful recovery priority and the kind of help it needs.

You can decide which words describe your goals. This page invites you to consider what you want more support with today. You do not need to tell your whole story or commit to a particular recovery identity.

How to use this page

Read the three areas below. Choose one that matters now, or name a different area in your own words. You may use this page with a clinician or trusted support person.

A direction that belongs to you

Your immediate priority might involve substance use, feeling steadier, keeping an appointment, reconnecting with someone, or finding a place to stay. A useful starting point is a change that matters in your actual circumstances, rather than a goal chosen only to satisfy someone else.

PK07-01 | continued

More than one source of help

Professional care, peer connection, practical assistance, and supportive relationships can play different roles. One person or group may not meet every need. You can ask about cost, transport, privacy, language, and whether a service respects your choices.

A page beside your care

Use these activities to prepare questions and requests. They do not provide detox instructions, medical treatment, or an emergency plan. If your health or safety needs attention now, connect with appropriate professional or emergency help before continuing the page.

1. The area I would like support with first, and one question I want to ask

Facilitator notes and adaptation

Validate harm-reduction goals, medication treatment, and different recovery pathways. Assess urgent medical needs separately and avoid making worksheet completion a condition of support.

PK07-01 | 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>

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.

PK07-02 | continued

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.

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PK07-02 | continued

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[Recovery: support for the next step](#) | [Explore](#)

My Difficult-Moment Support Map

Adults | 8 to 10 minutes | Worksheet

Connect an early signal with one available action and a backup source of support.

Choose a manageable situation that could make recovery more difficult. You may use a general label such as "after work" without describing substance use or an upsetting event in detail.

How to use this page

Complete the three areas while things feel settled enough to plan. Stop or change the topic if remembering the situation increases distress or urges.

Notice an early opening

Identify a cue you might notice before the situation becomes harder: skipping a meal, withdrawing from support, a change in routine, or an invitation you feel unsure about. A cue is information, not proof that a return to use will happen.

Make the next action reachable

Choose one action you can realistically access, such as stepping into a different space, contacting your care team, checking a transport option, or using a strategy already agreed in treatment. Include what makes it possible: a charged phone, saved contact, private place, or someone available at that time.

PK07-03 | continued

Give the plan a backup

People and services are not always available. Identify another route to support and questions to clarify with a professional. This worksheet does not replace a medical, overdose, or crisis response plan. Urgent needs require the appropriate help immediately.

1. A manageable situation and an early cue I might notice

2. One reachable action, and what I need to make it possible

3. A backup support option or question for my care team

PK07-03 | continued**Facilitator notes and adaptation**

Avoid vivid cue exposure or rehearsing substance use. Attend to housing, food, transport, discrimination, and access; do not reduce recovery to coping skills alone.

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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>

Recovery: support for the next step | Rehearse

Ask for the Kind of Support You Need

Adults | 8 to 15 minutes | Clinician script

Practice a specific support request while leaving room for limits and alternatives.

Choose a trusted person, peer worker, or professional you may want to contact. You can practice privately or with a facilitator. Rehearsal does not require sending the message.

How to use this page

Use a made-up situation in a group. Decide how much you want to share, and keep personal health information out of any public or shared practice.

Make the request concrete

Try an opening in your own words: "I am working on a change and could use help with one thing." Name a task, timeframe, or type of response. For example, ask for a ten-minute check-in, help locating a service, or company while making a call. Avoid relying on someone to guess what support means.

Check availability and boundaries

Invite an honest response: "Is that something you can offer?" The person may need a different time or may not be able to help. Their limits do not decide your worth or whether you deserve support. Ask about a practical alternative if that feels useful.

PK07-04 | continued

Prepare another route

Practice a brief reply to a no, silence, or an unhelpful response. Then name a second person or service to approach. If support is urgent, use an appropriate urgent care route rather than waiting for this practice contact.

1. My request, the amount I want to share, and an alternative if this person is unavailable

Facilitator notes and adaptation

Do not pressure disclosure to unsafe family members or employers. Verify professional boundaries and response times; no contact should be described as continuously available without confirmation.

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PK07-04 | continued

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>

Recovery: support for the next step | Practice

Make One Support Easier to Reach

Adults | 5 to 10 minutes | Worksheet

Remove one practical obstacle to a support option you have chosen.

This optional task focuses on access. Choose a support that fits your goals, then make one part of reaching it easier. You do not have to attend a group or disclose personal information to complete this activity.

How to use this page

Pick a small step for a time that suits you. A preparation step, such as checking hours or finding a private place to call, can be the whole task.

Choose the access step

Possible steps include saving a clinic number, checking transport, asking about interpretation, locating an accessible entrance, or learning whether a group allows listening first. Choose what actually reduces uncertainty for you. Do not assume a service's cost or eligibility from its name.

Protect time and privacy

Decide where you could do the task and what device or help you need. If using a shared phone or computer, consider what information may remain visible. You can use a general reminder instead of writing a diagnosis or recovery detail.

PK07-05 | continued

Allow a smaller result

If you cannot complete the step, record the obstacle in a few words or remember it for the next appointment. A disconnected number, waiting list, or inaccessible service is useful information. It does not mean you failed. Bring the barrier to someone who can help explore alternatives.

1. The support I chose and one small access step

2. When, where, and what help or privacy I need

3. A smaller option, and what I will do if the service is unavailable

PK07-05 | continued

Facilitator notes and adaptation

Never promise availability, affordability, confidentiality, or eligibility of an unverified service. Follow up on structural barriers rather than repeatedly assigning the same task.

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[Recovery: support for the next step](#) | [Review](#)

Review Without Starting Over

Adults | 5 to 10 minutes | Worksheet

Identify what a recent attempt revealed and choose an adjusted support step.

Recovery plans sometimes need revision. Use this page whether your last step went as hoped, partly happened, or did not happen. You do not need to produce a success story.

How to use this page

Choose one recent attempt. Keep the description brief and present-focused. If substance use, withdrawal, or another health concern needs attention, connect with appropriate care first.

Describe, rather than grade

Write what you tried and what happened. Include any helpful moment, even if the overall plan was difficult. Avoid turning one event into a judgment about your future or your right to receive care.

Look at fit and support

Ask whether the plan matched your available time, energy, money, transport, privacy, and interest. What did you learn about the support itself? An inaccessible appointment or an unsuitable group may call for a different option, not simply more effort.

PK07-06 | continued

Choose the next conversation

Decide whether to repeat the step, make it smaller, choose another support, or talk with your clinician about a changed need. If there was a return to use or increased risk, seek professional guidance about current safety and treatment needs. A reflective page cannot make that assessment.

1. What I attempted and what actually happened

2. One helpful detail or barrier the attempt revealed

3. What I want to adjust or discuss with a support person now

PK07-06 | continued

Facilitator notes and adaptation

Use nonpunitive, person-centred language. Do not infer safety, severity, readiness, or treatment response from answers. Address current risk through established clinical assessment.

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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.

PK07-07 | continued

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.

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