Recovery Goal Action Plan - Concept brief

Understand the idea behind recovery goal action plan and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants to return to art group and plans to ask about accessibility.

The idea

A long-term recovery goal can be supported by a small near-term action.

An ordinary example

Casey wants to return to art group and plans to ask about accessibility.

What this can look like

Link a chosen goal to a manageable step, support, barrier plan, and review time.

Check the fit

What is small enough to attempt before the next meeting? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What is small enough to attempt before the next meeting?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A19-1