Recovery Plan Review - Concept brief

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

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan's transport plan changes after a work schedule shift.

The idea

Plans can change as circumstances and preferences change.

An ordinary example

Jordan's transport plan changes after a work schedule shift.

What this can look like

Review one attempted strategy, what supported it, what got in the way, and one adjustment to discuss with care providers.

Check the fit

What should the plan learn from this week? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What should the plan learn from this week?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A20-1