

Chapter 4

Crafting the Individualized Recovery Plan: Objectives, Services, Supports and Interventions (5 Exercises)

Chapter 4, Exercise I: Writing Person-Centered, Measurable Objectives

Consider each of the examples of objectives below and discuss which ones meet the criteria for a well-written objective. Does the objective contain all of the components to make it realistic, understandable, achievable, measurable, and time-specific? If not, what component is missing? Is the objective person-centered? What mental health barrier is being addressed?

Using the following format as a guideline, re-write those objectives that you do not believe meet the necessary criteria. As a further challenge, discuss possible Personalized Recovery Oriented Services (PROS) and other interventions that might be used effectively to help the person attain the objective.

Within _____ (*amount of time*), (*insert name*) _____
will (*identify change in behavior* _____) as evidenced by
(*identify relevant detail/method for measuring change*) _____.

1. Shondra will increase her level of physical exercise as a way to help with her depression.
2. Over the next month, Tom will open up to others about his feelings around his pending divorce as evidenced by his daily participation in group.
3. Within the next 6 months, Doug will report that he is free from the distraction of auditory and visual hallucinations for a period of 1 month.
4. Gary will come to group consistently and demonstrate interest in the activities.
5. Ted will never discuss his paranoid feelings about other family members during family gatherings ever again.
6. Over the next 3 months, Tim will use his humor to re-kindle relationships with his family.
7. Donna will submit 3 job applications over the next 2 months.
8. Beth will take medication as prescribed, every morning and every evening, over the next 3 months.

9. In the next 6 months, Sam will report a decrease of angry outbursts from 5 times a week to less than once a week.
10. Ron will identify coping strategies.
11. As a result of services and supports, Laura will increase her social contacts over the next 3 months.
12. Elizabeth will show a reduction in symptoms over the next 3 months as evidenced by fewer sad thoughts.
13. Audrey will work on her resume 3 times during the next 3 months.
14. Sean will be free of suicidal thoughts.
15. Kathy agreed to find a primary care physician in the next 30 days.
16. As a result of services and supports, Rhonda will identify 3 housing possibilities that meet her needs.
17. Within the next 60 days, Sharon will move into her own apartment.
18. In the next 6 months, Mary will utilize a Wellness Recovery Action Plan (WRAP) plan weekly to identify and plan for early warning signs of suicidal thoughts.
19. Jane will demonstrate increased knowledge of nutritious meals.
20. Within 1 month, Mark will learn how to budget his money.

Chapter 4, Exercise II: Understanding How Objectives Work

Consider and discuss the following statements to determine which ones accurately reflect the function of objectives in the Individualized Recovery Plan (IRP) (“True”) and which ones present inaccurate descriptions (“False”).

Statement		True	False
1	Objectives are “mile markers” that reflect progress toward a recovery goal.		
2	Addressing numerous objectives simultaneously is strongly recommended.		
3	Individuals are always ready to be discharged from PROS once they successfully complete the objectives identified in the IRP.		
4	Objectives address mental health barriers related to goal achievement.		
5	PROS Services must always be the key interventions in a well written objective.		
6	It is recommended that practitioners use the same objectives on everyone’s IRP.		
7	Among other things, objectives reflect what the practitioner will do to help the person accomplish his or her goal.		
8	Objectives must be achieved within a specified timeframe.		
9	“John will obtain full-time employment” is an example of a good objective.		
10	Objectives are individualized based on mental health barriers and life role goals that are relevant to the person’s age, stage of recovery, and culture.		

Chapter 4, Exercise III: Writing Effective Interventions

Read each of the following examples and discuss whether each one meets the criteria for a well-written intervention. Does each intervention address **who** will do **what, where, when** and **why** (the “5 W’s”)? Using the “5 W’s” as a guideline, re-write those interventions that you do not believe meet the necessary criteria.

1. Luis Rodriguez will provide group therapy once a week.
2. John Smith, peer specialist, will provide 60 minutes of weekly travel training in the community over the next month so that Andy will be able to overcome his anxiety about traveling on his own.
3. Attend 12-step meetings once a day.
4. PROS Staff will provide Benefits and Financial Management as needed.
5. Sally will take her medications as prescribed.
6. PROS staff will offer Basic Living Skills twice a week.
7. Todd will explore vocational options in the community.

Chapter 4, Exercise IV: Addressing Barriers with Objectives, Services, and Interventions

Read each of the following examples and discuss PROS Services that can be used effectively to help the person overcome the barriers and attain her objectives. Develop well-written interventions for each objective using the “5 W’s” as a guideline.

Identified Barrier	Objective	PROS Service	Intervention
Kathy has weekly angry outbursts at customers at work.	Over the next 6 months, Kathy will have at least 3 positive interactions with customers per week for 3 weeks, based on Kathy’s self-report and confirmation by her supervisor.		
Kathy no longer has dependable transportation to her 12-step group and doesn’t want to use public transportation because it increases her anxiety.	Over the next month, Kathy will practice skills to help her manage her anxiety when using public transportation, as evidenced by her own self-report and confirmed by her PROS practitioner.		
Because Kathy takes smoke breaks every 30 minutes at work, she is not able to complete all her assigned tasks on time.	In the next 2 weeks, Kathy will develop strategies for decreasing the frequency of smoking to once per hour while at work, as documented by Kathy, her supervisor, and her PROS practitioner.		
Kathy reports that she has stopped using her medication because it made her too sleepy at work but is now concerned because she is experiencing increased auditory hallucinations.	During the next 30 days, Kathy will discuss her concerns about the side effects of her prescribed medication with Dr. M, as documented in the doctor’s notes and through Kathy’s self-report.		
Kathy reports that she frequently becomes angry at her co-workers and wants to hurt them.	Over the next 30 days, Kathy will practice at least 2 anger management techniques, as reported by Kathy and her PROS practitioner.		

Chapter 4, Exercise V: Reviewing Goals, Objectives, Interventions, and Services

Consider and discuss the following statements to determine which ones are accurate (“True”) and which ones are not (“False”).

Statement		True	False
1	PROS interventions assist individuals to attain life role goals.		
2	Billable services are the only kind of interventions that should be included on the IRP.		
3	Interventions address the individual’s strengths.		
4	Interventions reflect medical necessity by addressing mental health barriers to achieving identified life role goals.		
5	Interventions should include who, what, where, when, and why.		
6	The following is a well-written intervention: <i>During the next 3 months, Sally Smith, PROS Practitioner, will provide Wellness Self Management Service at the PROS program, twice a week, to assist Jim to learn techniques for managing anxiety when he visits his children.</i>		
7	The four PROS Components are Community Rehabilitation and Support (CRS), Ongoing Rehabilitation and Supports (ORS), Intensive Rehabilitation (IR), and Clinical Treatment.		
8	Intensive relapse prevention is a CRS service.		
9	ORS is provided at the PROS site.		
10	Individual can receive Clinical Treatment services only at the PROS.		