

How to Include Peer Support or Recovery Coaching in a Person Centered Plan

Area of Concern	Support Options	Potential Outcomes	Area of Concern	Support Options	Potential Outcomes
Isolation	Hearing Voices Network	<ul style="list-style-type: none"> - Introspection - Self-Care - Emotional Awareness - Validation and Acceptance - Mutuality - Inspiration 	Chronic Health Concerns	Smoke Less, Live More	<ul style="list-style-type: none"> - Motivation and Inspiration - Coping Strategies - Problem Solving and Decision Making - Self-Empowerment - Self-Care - Goal Setting - Reduce or Eliminate Use
	Rainbow United	<ul style="list-style-type: none"> - Emotional Awareness - Validation and Acceptance - Mutuality - Self-Care - LGBTQ Community - Inspiration 		WHAM (Whole Health Action Management)	<ul style="list-style-type: none"> - Motivation and Inspiration - Self-Awareness - Problem Solving and Decision Making - Self-Empowerment - Self-Advocacy - Self-Care - Goal Setting - Incremental Changes - Personal Accountability - Mutuality
	SMART Recovery (Self-Management & Recovery Training)	<ul style="list-style-type: none"> - Connection and Network - Recovery Support - Problem Solving Skills - Motivation - Personal Accountability - Coping Strategies - Addiction Recovery 		One on One Peer Support OR Recovery Coaching	<ul style="list-style-type: none"> - Resources - Advocacy - Validation - Encouragement - Emotional Support - Techniques for Self-Directed Change - Commitment
	Transformations Group	<ul style="list-style-type: none"> - Validation and Acceptance - Motivation and Inspiration - Community Engagement - Mutuality 			
	One on One: Peer Support OR Recovery Coaching	<ul style="list-style-type: none"> - Increased Hope - Self-Empowerment - Validation - Increased Self-Confidence - Connection and Mutuality - Increased Treatment Engagement - Increased Social Function - Increased Life Satisfaction - Inspiration 			



How to Include Peer Support or Recovery Coaching in a Person Centered Plan

Area of Concern	Support Options	Potential Outcomes	Area of Concern	Support Options	Potential Outcomes
Substance Abuse and Addiction: Drugs, Alcohol, Tobacco Sex, Gambling etc.	SMART Recovery (Self-Management & Recovery Training)	<ul style="list-style-type: none"> - Motivation - Techniques for change - Self-Empowerment/Self-Reliance - Recovery Support & Relationships - Problem Solving Skills - Reduce or Eliminate Use 	Trauma/PTSD	Seeking Safety	<ul style="list-style-type: none"> - Self-Empowerment - Healthy Relationships - Commitment - Self-Care - Detachment from Emotional Pain
	Seeking Safety	<ul style="list-style-type: none"> - Detachment from Emotional Pain - Self-Empowerment - Commitment - Self-Care 		Women's Healing from Trauma OR Men's Healing from Trauma [not currently offered]	<ul style="list-style-type: none"> - Introspection - Self-Confidence - Healthy Relationships - Addiction Recovery - Spiritual Connectedness - Self-Care - Emotional Awareness
	Women's Healing from Trauma OR Men's Healing from Trauma [Not currently offered]	<ul style="list-style-type: none"> - Self-Awareness - Confidence - Healthy Relationships - Addiction Recovery - Spiritual Connectedness - Self-Care - Emotional Awareness - Gender Issues - Inspiration 		Hearing Voice Network	<ul style="list-style-type: none"> - Introspection - Self-Care - Emotional Awareness - Validation - Self-Empowerment
	Smoke Less, Live More	<ul style="list-style-type: none"> - Motivation - Techniques for Change - Problem Solving Skills - Plans to Reduce Cravings - Reduce or Eliminate Use 		One on One Peer Support	<ul style="list-style-type: none"> - Increased Hope - Self-Empowerment - Validation - Increased Self-Confidence - Connection and Mutuality - Increased Treatment Engagement - Increased Social Function - Increased Life Satisfaction - Inspiration
	One on One Recovery Coaching	<ul style="list-style-type: none"> - Increased Hope, Validation, and Encouragement - Increased Treatment Engagement - Accountability Partner - Mentor - Clarify Future Goals 			

