

Recovery planning in an inpatient and day program setting

The Hobart Clinic operates its inpatient and day program streams with a focus on recovery. The workshop would focus on an explanation of the Recovery Planning Framework utilized by The Hobart Clinic.

Mary Ellen Copeland's Wellness Recovery Action Plan is utilized in the inpatient setting and the American Illness Management and Recovery Program is utilized in the day patient program.

The workshop will introduce participants to the two programs and provide them with the opportunity to complete their own recovery plan. It will also outline the benefits that the programs have for both consumers and staff at the Clinic.

The fundamentals of both programs include:

- Inspirational stories of recovery
- Discussions about recovery and what it means
 - Identifying recovery goals and strategies
 - Identifying the activities that keep us well
 - Identifying Triggers and an Action Plan
 - Early Warning Signs and Action Plan
 - Crisis Planning

“Recovery occurs when people with mental illness discover, or rediscover, their strengths and abilities for pursuing personal goals and develop a sense of identity that allows them to grow beyond their mental illness”

Source: Mueser et al, Illness Management and Recovery: A Review of the Research
Psychiatric Services 53: 1272-1284, 2002