

PREFACE

WHAT IS RECOVERY?

Recovery from Mental Disorders and Substance Use Disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It is different for everyone. Recovery is described as a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles.

"... a person with mental illness can recover even though the illness is not "cured" ... [Recovery] is a way of living a satisfying, hopeful, and contributing life even with the limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness [and addiction]."

– William Anthony, Ph.D., Boston University

The primary aims of the Recovery Model are to empower consumers to manage their illness, find their own goals of recovery and make informed decisions about their treatment by acquiring necessary knowledge and skills.

Sharp Mesa Vista uses the *Recovery Model* throughout all of its programs which describes five elements in a person's recovery from mental illness.

HOPE — If people have hope then they are willing to invest the time and effort to reach their goals. Sharp Mesa Vista (SMV) utilizes a number of techniques to help each patient to develop and sustain **HOPE**.

EMPOWERMENT — A process where patients learn the coping skills and gain the knowledge they need to manage their symptoms, to increase their capacity to make choices, and to transform those choices into desired actions and outcomes, and lead a successful life in the larger community.

SELF-RESPONSIBILITY — For the direction of their life. SMV emphasizes shared decision-making and individualized treatment based on our patients' own goals.

CONNECTION — Community Integration, developing support networks of family and friends, and decreasing isolation are all promoted.

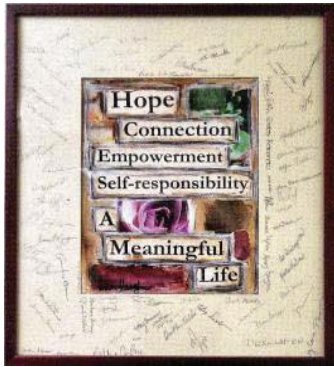
And all of these lead to **BUILDING A MEANINGFUL LIFE** ... a sense of purpose, a role outside of their illness, and the accomplishment of personal goals.



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INTRODUCTION



“The Recovery Model we have developed places emphasis on the belief that individuals diagnosed with a mental illness can go beyond stabilization of symptoms to the hope of healing and recovery. It illustrates our beliefs that prevention works, treatment is effective, and people can and do recover from substance use and mental disorders.”

– Kathi Lencioni, CEO, SMVH

What is the R.A.P. Workbook?

This R.A.P. Workbook* includes exercises and tools to develop an individualized Recovery Action Plan (R.A.P.) – it is one tool of the many that can facilitate recovery. Along with daily groups, the exercises and tools assist in developing individualized strategies to stay well: Triggers, Warning Signs, What I am Like When I’m Feeling Well, Medication Management, Crisis Planning, etcetera.

The purpose of the Recovery Action Plan (R.A.P.) workbook is to:

- Encourage you to become your own advocate.
- Help you learn to express yourself effectively.
- Assist you with developing realistic personal goals.
- Encourage you to take responsibility for your own wellness and recovery.

Once completed, this R.A.P. workbook will be a useful source of information to help you reduce the need for hospitalization. It is also meant to provide you with a means of describing your needs when you are having increased symptoms and may not be able to communicate effectively. A copy should be given to someone in your trusted support group for safekeeping and used when necessary to guide your treatment.

Become an informed consumer of mental health and substance abuse services. We want to respect your opinions and needs. We hope your Recovery Action Plan will be instrumental in helping you achieve the best outcome possible in your treatment.

Thank you for allowing Sharp Behavioral HealthCare to assist you in achieving wellness and recovery.

** Developed by Sharp Mesa Vista from the SAMHSA publication “Action Planning for Prevention and Recovery” – SMA-3720 (07/2003), funded by the U.S. Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), and prepared by Mary Ellen Copeland, M.S., M.A., under contract number 99M005957.*

TRIGGERS

Triggers are events that can activate negative internal thoughts, which may cause you to suffer symptoms of stress, anxiety, depression, anger, panic, and fear. Triggers may be simple or complex and may or may not be in your control. Identify the triggers you are aware of in your life by **circling the items below** that apply to you.

- | | | |
|-----------------------------|------------------------------|--------------------------------|
| Anniversary dates | Poor sleep | Transportation problems |
| Work stress | Taking things too personally | Dealing with bureaucracy |
| Relationship conflict | Not feeling validated | Crime |
| Isolating myself | Problems with the IRS/SSI | Traffic/Noise |
| Holidays | Being told “No” | Fear of terrorism |
| Family get-togethers | Being touched | Racial profiling |
| Feeling judged/criticized | Dirty looks | People in uniforms |
| Being overly fatigued | Uncooperative people | Dating/not dating |
| Self-blame and guilt | Going to court | Frightening news stories |
| Physical illness | Selfish people | Certain smells, tastes, sounds |
| Chronic pain | Changes in normal routine | Stigma of mental illness |
| Financial problems | Unreasonable people | Lack of structure |
| Sexual harassment | Noisy neighbors | Housing problems |
| Hateful outbursts by others | Traveling | Being around drugs/alcohol |
| Intimacy | Shopping | Problems with medications |
| Using alcohol and or drugs | Having deadlines | Family friction |
| Hearing from certain people | Paying my bills | Someone I know has
problems |
| Over-extending myself | Perfectionism | Loss (specify type) |
| Not enough time alone | Obsessive-compulsiveness | |
| Legal problems | Gambling | |
| | | |
| Crowded places | Pornography | |

Other Triggers:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

TRIGGERS

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

NEGATIVE RESPONSES TO TRIGGERS

We each have coping skills that we tend to use in times of stress, some of which may be more harmful than helpful. How you cope with stressors is unique and based on your past learning and experiences. By identifying and increasing your awareness of these responses you can take action earlier rather than later to prevent negative results. *Circle the responses below* that you are aware of.

“People Pleasing”

Repress own needs

Eating disorders

Self-injurious behavior

Smoke more cigarettes

Drink alcohol

Use illegal substances

Improper prescription use

Over/under medicating

Gambling

Can't or won't say “NO”

Shop compulsively

Sexual acting out

Dysfunctional relationships

Worrying

Negative thoughts

Self-critical thoughts

Isolating/Withdrawing

Self-pity

Whining and complaining

Enabling behaviors

Caretaking

Over-personalizing

Over-analyzing

Making suicidal gestures

Poor work performance

Poor time management

Not paying bills on time

Not opening the mail

Not answering the phone

Not going to appointments

Being overly controlling

Not completing tasks

Pornography

Lack of daily structure

Avoiding conflicts

Starting arguments

Avoiding intimacy

Perfectionism

Work-a-holic behavior

Not following treatment

“Faking It” with others

Stuffing feelings

Holding on to anger

Poor money management

Spending money on others

Blaming others

Not attending 12-Step

Watch too much TV

Over use of computer

Procrastination

Sleeping too much

Over-exercising

Setting unrealistic goals

Overly religious

Having an affair

Crying too much

Over-dependence on others

Never asking for help

Playing “head games”

Apathy

“Vegging out”/laziness

Indecisiveness

Obsessive-compulsiveness

Yelling/Screaming

Other Negative Responses:

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

NEGATIVE RESPONSES TO TRIGGERS

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

POSITIVE RESPONSES TO TRIGGERS

Developing better coping skills can prepare you to handle the ups and downs of life in a healthier manner. *Circle the items below* that you can do if your triggers come up so you can keep them from becoming more serious.

Use distraction	Do something fun	Do relaxation techniques
Ignore it	Deal with my anger positively	Make a plan
Take a time-out	Confront the situation/person	Clean and organize
Deep breathing	Look at what my part is in it	Read
Relaxation	Brainstorm with others	Accept it
Visualization	Avoid people/places that cause problems	Let it go
Whistle	Deal with it	Educate others/self
Think before I act	Ask for help	Decide to handle it later
Talk with my friends	Listen to music	Do something physical
Talk to my therapist	Walk the dog	Use humor to diffuse it
Go to my support group	Take a mental health day off	Reach out to others
Learn from the past	Get validation	Don't take it personally
Stand up for myself	Socialize with supportive people	Rest
Just say "No"	Change negative thoughts to positive ones	Pick my battles
Set boundaries	Go to place of worship	Know my rights
Act assertively	Pray	Cry
Work for change	Meditate	Stop catastrophizing
Be an individual		Take PRN meds ("as needed" for anxiety, pain, etc.)
Know my limits/needs		
Negotiate/compromise		

Other Positive Responses:

Once completed, enter this information on "My Recovery Action Plan Summary" (see page 29).

MANAGING LIFE STRESSORS

1. How can stress be helpful?

2. How can stress be harmful?

3. These are my stressors:

4. These are my strengths:

5. These are things about myself I would like to change:

EARLY WARNING SIGNS I HAVE OBSERVED ABOUT MYSELF

Recognition of early warning signs is an essential step in reducing symptoms and maintaining wellness. Early warning signs may be subtle changes that involve your thoughts, feelings and/or behavior that indicate you may not be functioning at your best level. *Circle the signs below* that alert you to examine what might be happening within yourself or your environment. You can then work on making simple changes to keep yourself healthy.

Anxiety	Increased aches and pains	Working too hard
Forgetfulness	Feeling discouraged	Gastro intestinal or stomach disturbances
Anhedonia (no pleasure)	Feeling hopeless	Hyperactivity/restlessness
Lack of motivation	Feeling helpless	Feeling overwhelmed
Feeling slowed down	Not answering the phone	Poor housekeeping
Feeling speeded up	Change in usual sleep and/or eating patterns	Can't find things
Avoiding usual activities	Tearfulness	Plants dying from neglect
Avoiding my friends/family	Feeling worthless	Little concern for kids/pets
Feeling uncaring	Decreased/increased libido	Procrastination
Obsessed with details	Dif fi culty concentrating	Not paying bills on time
Irrational thoughts	Poor attention to grooming	Suppressing anger/grief
Increased negativity	Not wanting to get out of bed	Feeling shut-down
Irritability	Substance abuse	Misperceiving reality
Increased smoking	Thoughts of hurting myself	Others seem different
Not keeping appointments	Increased checking behaviors	Feeling like an observer
Spending money foolishly	Putting myself down	
Impulsivity		

Other Early Warning Signs:

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

EARLY WARNING SIGNS I HAVE OBSERVED ABOUT MYSELF

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

EARLY WARNING SIGNS OTHERS HAVE REPORTED TO ME

Sometimes other people around you may notice signs before you do and may comment on their observations of your mood or behavior. **Circle the comments below** that reflect what others say they have noticed about you when you are starting to become ill.

Out of control behavior

Yelling

Crying

Feeling uncomfortable in normal situations

Excessive rudeness

Excessive anger

Unable to see positives

Excessive neediness

Not answering the phone

Nothing seems to please me

Everything is a struggle

Easily frustrated

Look like I'm falling apart

House is a mess

Wanting to run away

Putting things off

Wanting to be alone

Increased eating/drinking

Craving chocolate/sweets

Fatigue/looking tired

Feeling violent

Wearing too much make-up

Wearing strange clothing

Dressing only in dark colors

Irrational worrying about things (spouse

leaving me, getting fired from job, being attacked, not being liked, etc.)

Over-reacting to small annoyances

Appearing "out of it"

Being disorganized

Not taking time for myself

Other Early Warning Signs Others Have Reported:

Once completed, enter this information on "My Recovery Action Plan Summary" (see page 29).

EARLY WARNING SIGNS OTHERS HAVE REPORTED TO ME

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

SIGNS/SYMPTOMS THAT THINGS ARE GETTING WORSE

There may also be signs that, even with your best efforts, you have been unsuccessful in coping with life stressors and are now exhibiting more serious symptoms and are approaching a crisis state. *Circle the items below* that reflect these more serious indications that you are becoming more ill.

Feeling overly sensitive/fragile
Irrational responses to events, situations, actions of others
Unable to sleep
Sleeping all the time
Avoiding eating
Wanting to be totally alone
Racing thoughts
Risk-taking behaviors
Thoughts of suicide
Engaging in self-injurious acts
Abusing substances
Not bathing/grooming
Obsessed with negative thoughts
Inability to slow down
Bizarre behaviors
Hearing voices that others don't hear
Seeing things that others don't see
Chain smoking
Spending excessive amounts of money
Paranoia
Can't complete projects
Can't begin projects

Feeling totally overwhelmed
Crying all day
Sitting and staring
Total apathy
Agitation
Incredible fatigue
Stop taking meds
Feeling like crawling out of my skin
Uncontrollable pacing
Not being aware of my surroundings
Panic attacks
Hypochondria
Criminal behavior
Destruction of property
Thinking I am someone I am not (grandiosity)
Thinking others are spying on me
Thinking I have the ability to do something I can't
Rehearsing suicide
Giving things away that are meaningful to me
Violence against others

Other Signs/Symptoms That Things Are Getting Worse:

SIGNS/SYMPTOMS THAT THINGS ARE GETTING WORSE

WHAT I AM LIKE WHEN I AM FEELING WELL

Circle the descriptive words below that represent your feelings, characteristics, and accomplishments of what you are like when you feel well. Refer back to this list when you aren't feeling well so that you can remember how you want to feel.

Active	Eager	Interested in life	Quick-witted
Affectionate	Energetic	Inspired	Able to read
Athletic	Engaged in life	Involved	Relaxed
Ambitious	Enjoy nature	In touch with myself	Reasonable
Accepting	Enjoy people	Imaginative	Responsible
Balanced	Easy to get along with	Industrious	Responsive
Bright	Enthusiastic	Joyous	Spiritual
Calm	Efficient	Kind	Supportive
Cheerful	Empathetic	Laughing	Satisfied
Competent	Exercise regularly	Likeable	Smiling
Clear-minded	Friendly	Love and be loved	Social
Clean and sober	Focused	Open	Spontaneous
Compassionate	Fun	Outgoing	Sympathetic
Creative	Flexible	Organized	Take care of myself
Committed	Fast learner	Optimistic	Take my meds
Capable	Generous	Positive	Trusting
Content	Goal-oriented	Playful	Talkative
Connected	Happy	Peaceful	Understood
Cooperative	Helpful to others	Patient	Unique
Disciplined	Hopeful	Pleasant	Vivacious
Determined	Humorous	Proud	Worthwhile
Desirable			Well-groomed

Other Words That Describe Me When I Am Feeling Well:

Once completed, enter this information on "My Recovery Action Plan Summary" (see page 29).

DAILY MAINTENANCE PLAN TO KEEP FEELING WELL

Circle the items below which are necessary activities you must do on a daily basis to stay healthy, both physically and emotionally.

Take medications
Eat 3 healthy meals
Drink 6-8 glasses water
Avoid caffeine, sugar, alcohol,
nicotine, junk food
Get quality sleep
Exercise
Stay well-groomed
Be assertive
Set good boundaries
Be out in sunlight 30 minutes
Do relaxation exercises
Get support from others
Check-in with myself:
“How am I doing?”
Check-in with my significant other:
“How are we doing?”

Take vitamins
Do something I enjoy
Listen to music
Do positive affirmations
Think about positive things
Dress in comfortable clothes
Count my blessings
Make a “To Do” list
Organize myself for the next day
Be gentle with myself
Be objective
Smile
Don’t personalize
Be honest
Set goals
Release stress
Go to work if it’s a work day

Other Daily Activities That Help Me Stay Feeling Well:

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

DAILY MAINTENANCE PLAN TO KEEP FEELING WELL

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

EXTRA ACTIVITIES TO KEEP FEELING WELL

Circle the list items below that you can do on occasion to help maintain wellness and promote a balanced lifestyle. Incorporate these healthy coping skills to prevent illness.

- | | | |
|-------------------------|---------------------------|--------------------------|
| Work | Put on fragrance | Go to place of worship |
| Pray | Get hair done | Fix my favorite meal |
| Meditation time | Make a gratitude list | Go out with my friends |
| Write in journal | Watch TV | Forgive myself |
| Play musical instrument | Dress up | Forgive others |
| Listen to music | Go to the movies | Problem solve |
| Laugh out loud | Go to the mall | Establish habits |
| Play with a child | Appreciate nature | Make schedules |
| Play with a pet | Go to the beach/mountains | Start new hobby |
| Go for a walk | Ride a bike | Go to support group |
| Go for a drive | Swim | Go to outpatient program |
| Give and/or get a hug | Get out of the house | Work 12-Steps |
| Do thought record | Garden | Eat at restaurant |
| Take a bath | Write letters/poetry | Visit a friend |
| Buy myself flowers | Read | Volunteer |
| Take a nap | Do yoga | Engage in hobbies |
| Follow creative urges | Take a time out | Do housework |
| Spend time alone | Dance | Go grocery shopping |
| Eat chocolate | Sing | Do laundry |
| Talk to positive people | Read spiritual literature | Use the computer |
| Burn incense/candles | See my therapist | Join a clubhouse |

Other Extra Occasional Activities That Help Me Stay Feeling Well:

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

EXTRA ACTIVITIES TO KEEP FEELING WELL

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

COMMUNICATION SKILLS

1. The person I have the most trouble talking with is:

2. The reason I have trouble talking to this person is:

3. When talking with someone, I get upset when they do the following:

4. I think I can improve my communication with others by:

5. I start a conversation by:

6. I end a conversation by:

7. My communication style is:

a. Assertive _____

b. Aggressive _____

c. Passive _____

d. Passive-aggressive _____

COMMUNICATION: INCLUDE FAMILY/FRIENDS IN YOUR RECOVERY

Family and friends can and do help! Since an illness can make the affected person feel hopeless and helpless, you will want and probably need help from others. However, people who have never had a mental disorder may not fully understand its effect. Although unintentional, friends and loved ones may unknowingly say and do things that may be hurtful. It is very helpful to share the information in this workbook with those you most care about so they can better understand and help you.

Here is a list of information you should share with your support network:

- Mental illness is not a weakness but a serious disorder with biological, psychological, and social aspects to its cause, symptoms, and treatment. A person cannot will it away. Untreated, it will worsen. Undertreated, it will return. Early diagnosis and treatment can help reduce frequent relapses and hospitalizations.
- Helping you may involve encouraging you to stay with treatment until symptoms begin to go away (usually several weeks) or to seek different treatment if no improvement occurs. On occasion, it may require making an appointment and accompanying you to the doctor. It may also mean monitoring whether you are taking medication for several months after symptoms have improved and reporting any worsening symptoms to your healthcare providers.
- Another important way to help you is to offer emotional support. This support involves understanding, patience, affection, and encouragement. They should not disparage or discount feelings expressed, but point out realities and offer hope. They must not ignore remarks about suicide – they should always report these to your therapist.
- Ask them to invite you out for walks, outings, the movies or other activities and to be gently insistent if their invitation is refused. They can encourage participation in activities that once gave you pleasure, such as hobbies, sports, religious or cultural activities. However, do not push you to undertake too much too soon.
- They should not accuse you of faking illness or of laziness, or expect you “to snap out of it.” Eventually, with treatment, most people do get better. Keep that in mind.

COMMUNICATION: HELP FROM OTHERS

The following are ideas that might be helpful to ask your supporters to do for you. You can ask them to do a onetime specific task or request them to approach you in a different way when you are in crisis. You may also need to tell them what you want them to avoid so that you do not feel worse. *Circle the items* that are specific requests, general requests, and things you need to avoid.

Specific Requests:

Do my laundry
Give me a back rub
Call me once a day to check in with me
Come by my home to check in with me
Make a meal for me
Help me to pay my bills
Balance my check book
Clean my home/room
Walk my dog
Empty the cat box
Feed my animal(s)
Take care of my child(ren)
Run an errand for me
Pick up my prescription
Buy some groceries
Water my plants
Remind me of an important event
Take me to church
Drive me to an appointment
Encourage me to move
Take out the garbage

Other Specific Requests:

General Requests:

Encourage me to talk
Allow me to rest more
Practice relaxation techniques
Give me more space
Allow me to pace
Encourage me to do self-care

Other General Requests:

Things I Need To Avoid:

Forcing me to go to a family function
Taking away my cigarettes
Taking away my coffee/soda
Talking continuously to me
Taking away my music
Scolding/lecturing me
Sarcasm

Other Things I Need To Avoid:

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

MEDICATION MANAGEMENT

1. List the reasons why it is important to take my medications.

2. What can get in the way of taking my medications regularly? What barriers prevent me from taking my medication as prescribed by my doctor?

3. What can I do to overcome those barriers?

4. How do I handle side-effects of my medications?

Side-effects

Solutions

MEDICATIONS

The following are medications I am currently taking on a regular basis:

Medication _____ (Example) _____ Dose 10 mg. Frequency 3x/day

Purpose/Symptoms Decrease Depression/Lack of Motivation

Special Instructions Take with food, blood test required

Possible Side Effects Causes drowsiness, dry mouth

Medication _____ Dose _____ Frequency _____

Purpose/Symptoms _____

Special Instructions _____

Possible Side Effects _____

Medication _____ Dose _____ Frequency _____

Purpose/Symptoms _____

Special Instructions _____

Possible Side Effects _____

Medication _____ Dose _____ Frequency _____

Purpose/Symptoms _____

Special Instructions _____

Possible Side Effects _____

Medication _____ Dose _____ Frequency _____

Purpose/Symptoms _____

Special Instructions _____

Possible Side Effects _____

Medication _____ Dose _____ Frequency _____

Purpose/Symptoms _____

Special Instructions _____

Possible Side Effects _____

Medication _____ Dose _____ Frequency _____

Purpose/Symptoms _____

Special Instructions _____

Possible Side Effects _____

MEDICATIONS (CONTINUED)

Medication _____ Dose _____ Frequency _____
Purpose/Symptoms _____
Special Instructions _____
Possible Side Effects _____

Medication _____ Dose _____ Frequency _____
Purpose/Symptoms _____
Special Instructions _____
Possible Side Effects _____

Medication _____ Dose _____ Frequency _____
Purpose/Symptoms _____
Special Instructions _____
Possible Side Effects _____

Medication _____ Dose _____ Frequency _____
Purpose/Symptoms _____
Special Instructions _____
Possible Side Effects _____

Medication _____ Dose _____ Frequency _____
Purpose/Symptoms _____
Special Instructions _____
Possible Side Effects _____

Medication _____ Dose _____ Frequency _____
Purpose/Symptoms _____
Special Instructions _____
Possible Side Effects _____

MEDICATIONS (CONTINUED)

Medication	Dose	Frequency
Purpose/Symptoms		
Special Instructions		
Possible Side Effects		

Once completed, enter this information on “My Recovery Action Plan Summary” (see page 29).

CRISIS PLANNING

In spite of your best planning and assertive actions you may find yourself in a situation in which others may need to take over responsibility for your care when you are unable to make healthy choices. No one wants to think this will happen, but it's a good idea to prepare a clear crisis plan when you are well to use as a backup. This will keep your supporter(s) from wasting time trying to figure out what to do for you and can relieve them from guilt or worry because they know that they are taking actions that you have already approved.

The Crisis Plan differs from the rest of your R.A.P. because it may be used by others. Please make sure your entries are clearly stated and legible. Once you have completed your Crisis Plan, please give a copy of this document to your trusted supporter(s) for safe-keeping.

The following is a list of my **supporter(s)** that I want to assist me in my time of need:

Name:	Relationship:
Phone number:	Address:
Tasks I need done for me:	
Name:	Relationship:
Phone number:	Address:
Tasks I need done for me:	
Name:	Relationship:
Phone Number:	Address:
Tasks I need done for me:	

The following person(s) I **DO NOT** want involved in my care and why:

CRISIS PLAN: TREATMENT

My Psychiatrist: _____ Phononumber: _____
 Address: _____

My Medical Dr.: _____ Phononumber: _____
 Address: _____

My Therapist: _____ Phononumber: _____
 Address: _____

My Outpatient Program: _____ Phononumber: _____

My Case Manager: _____ Phononumber: _____

My Sponsor: _____ Phononumber: _____

My Pharmacy: _____ Phononumber: _____

Treatment facilities where I prefer to be treated/hospitalized if it becomes necessary and why:

Treatment Facility	Why I Like This Facility

Treatment facilities I want to avoid:

Treatment Facility	Why I Want To Avoid This Facility

Type of treatment I want to avoid and why:

Type of Treatment	Why I Want To Avoid It

CRISIS PLAN: TREATMENT

MY RECOVERY ACTION PLAN SUMMARY

Patient Name: _____ Date: _____

Transfer the key elements of what you have written in your R.A.P. Workbook here
We can place a copy in your medical record

MY TRIGGERS (from pages 3-6)	EARLY WARNING SIGNS (from pages 9-11)
	<p>I've observed about myself:</p> <p>Others have observed about me:</p>

WHAT I AM LIKE WHEN I FEEL WELL (from page 13)	MY DAILY MAINTENANCE PLAN & ACTIVITIES FOR WELLNESS (from pages 14-15)

MY CRISIS PLANNING & HELP FROM OTHERS
(from pages 25-26 & 19)

<p>My Psychiatrist's name/number: _____ / () _____</p> <p>Preferred Treatment Facility name/number: _____ / () _____</p> <p>My Therapist's/Case Manager's name/number: _____ / () _____</p> <p>My Trusted Supporter's name/number: _____ / () _____</p> <p>Person with a copy of my R.A.P.'s name/number: _____ / () _____</p>	<p>Specific requests (names, contacts info):</p> <p>General requests:</p> <p>Things to avoid:</p>
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PSYCHIATRIC MEDICATION MANAGEMENT
(from page 22)

Name	Dosage	When Taken
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

CONGRATULATIONS



Congratulations!



You have successfully completed your R.A.P. Plan and have a great strategy to deal with life's stressors in an organized, effective way. Initially it is recommended that you spend about 15 minutes each day reviewing your plans. You might want to do this in the morning before eating breakfast. As you become more familiar with your daily lists, triggers, symptoms and plans you will need less time to review it. You may find that after some time you will have integrated the information so well and have developed better self-care habits that you no longer need to refer to these worksheets regularly.

Begin by reviewing your list of how you feel when you are "alright." Do things on your list daily to keep yourself well. If you are "not alright," review the other sections to see what symptoms you are experiencing and follow the plan you have created. If you find yourself in a crisis situation, these plans can be used to let your supporters know what they can do to help you get well.

Remember that making a copy of this plan and giving it to your supporters is part of your commitment to maintaining well-being and will help ensure your safety and a speedy recovery. You might want to keep a copy of a portion of your plan in your wallet to refer to in times of need when you are away from home.

Good luck with your plan to be in charge of your own health and well-being!

COMMUNITY RESOURCES

One of the keys to adopting a healthier lifestyle is knowing how to access and use community resources. The following is an abbreviated list of common resources for San Diego County. Please remember to **make a list of questions** you may need to ask of your contact. **Have a pen and paper ready to take down important information.** If you don't get your needs met by that particular resource, ask if they know of any other resources you can call instead.

PLEASE NOTE: THE FOLLOWING INFORMATION WAS ACCURATE AT THE TIME OF PUBLICATION TO THE BEST OF OUR KNOWLEDGE. SHARP BEHAVIORAL HEALTHCARE IS NOT RESPONSIBLE FOR CHANGES TO LISTINGS.

Sharp Behavioral Healthcare Resources

(858) 278-4110 Sharp Mesa Vista Hospital 7850 Vista Hill Ave, San Diego, CA 92123

There are various support groups that meet regularly at the hospital, ask your therapist or social worker for applicable groups. Most groups are "open groups" and are open to the general public. In the evening and weekends there are NA, AA, CA, CoDA, OCD, and other 12-Step support groups available. You must provide your own transportation unless you are an inpatient.

Sharp Mesa Vista Hospital Behavioral Healthcare

(858) 836-8309 Outpatient Services Assessment Line

Sharp Grossmont Hospital Behavioral Healthcare

(619) 740-4802 Open Unit
(619) 740-4803 Closed Unit
(619) 740-4806 Outpatient Services

COMMUNITY RESOURCES

Crisis Intervention

- 2-1-1 Free 24 hour access to health and human resources information and referrals - www.211SanDiego.org
- 9-1-1** For a psychiatric crisis ask for **PERT**
(Psychiatric Emergency Response Team)
- (800) SUICIDE National Suicide Hotline, emergency counseling 24 hours everyday
or (800) 784-2433
- (800) 273-TALK National Suicide Hotline, emergency counseling 24 hours everyday
or (800) 273-8255
- (800) 799-SAFE National Domestic Violence Hotline 24 hrs/day, 365 days/year
or (800) 799-7233 for crisis intervention & referrals in all 50 states
- (800) 4-A-Child Child Abuse Hotline
or (800) 422-4453
- (800) 344-6000 Child Welfare Services at the County of San Diego
- (888) 724-7240 San Diego Access and Crisis Line, info & referral.
- (619) 421-6900 Emergency Screening Unit for children under age 18
- (619) 692-8200 San Diego County Psychiatric Hospital Emergency Psychiatric Unit
for adults over 18
- (858) 565-5200 County Sheriff 's Department Non-Emergency
- (619) 531-2000 Police Department Non-Emergency
or (858) 484-3154
- (800) 510-2020 Elder Abuse thru Adult Protective Services
- (800) 367-2437 AIDS Hotline
- (619) 295-1055 Warm Line for non-crisis peer support, info, resources
or (800) 930-9276 referrals, etc. (5 PM – 11 PM - 7 days a week)
- (619) 532-8436 American Red Cross (Including WIC Program)
- (800) 656-HOPE Rape, Abuse, Incest National Network Hotline
or (800) 656-4673 www.rainn.org/get-help/national-sexual-assault-hotline
- (800) 342-9647 Military One Source (24 Hour Hotline for Military)
- (800) 835-5247 California Highway Patrol

COMMUNITY RESOURCES

Counseling Services

- (858) 279-4586 San Diego Psychiatric Society (for info & referral to psychiatrists)
www.sandiegopsychiatricsociety.org
- (858) 277-1463 San Diego Psychological Association Info & Referral Service
www.sdpsych.org or www.sandiegotherapists.com
Lists MFT, Psychiatrists, Psychologists, LCSW
- (800) 827-1000 Veterans Administration - www.va.gov
Crisis Hotline (800) 273-talk (8255); press 1
- (619) 497-0200 Consumer Credit Counseling Program
Money Management International
- (619) 592-4300 Council of Community Clinics - www.ccc-sd.org

Housing/Food/Transportation

- (858) 514-6885 Public Assistance, General Relief, CalWORKS, food stamps
5-1-1 San Diego Transit
- (619) 233-3004 County Transit/ADA routes
- (888) 517-9627 MTS Access
- (619) 233-3004 San Diego Transit & Trolley Routes
- (800) 921-9664 CTS Wheels (\$4.50 Mid, East, South Bay)
- (619) 447-8782 Meals on Wheels East County
- (619) 295-9501 Meals on Wheels San Diego
- (619) 420-2782 Meals on Wheels South County
- (760) 736-9900 Meals on Wheels North County
- (866) 351-7722 County of San Diego In-Home Support Services (IHSS)
- (858) 614-1554 Community Health Improvement Partners (CHIP) - www.sdchip.org
assistance with coordination of health services in San Diego region
- (800) 227-0997 Emergency Food, Clothing & Shelter Info Line
- (800) 300-5616 State Unemployment
- (800) 884-1684 State Fair Employment & Housing Divisions
- (888) 942-9675 California Women, Infants & Children Program (WIC)
- (619) 231-2828 Catholic Charities
- (619) 282-1134 Jewish Family Services, 2700 Adams Ave., San Diego

COMMUNITY RESOURCES

Legal Assistance

- (800) 479-2233 Patient Advocacy Program
(877) 534-2524 Legal Aid Society of San Diego
(619) 471-2600 San Diego Mediation & Restitution Services including
Press 1 Legal Aid Society Pro Bono Program
(619) 544-9556 Homeless Advocacy Program (HAP) for health & welfare cases
(619) 330-9401 Elder Care Advocates - www.eldercareadvocates.com
(866) 401-3210 Child Support Enforcement
www.networkofcare.org Network of Care for Mental Health (info & advocacy tools
to help navigate the system of mental health services)
(800) 772-1213 Social Security Administration
(800) 480-3287 SDI (temporary income due to illness or injury)
(619) 692-8715 County Mental Health Case Management Services
(858) 694-4801 Housing & Community Development for Rental Assistance
Programs information & applications, Section 8,
renter & landlord info

Self-Help/Support Groups/Clubhouses

- (800) 523-5933 National Alliance on Mental Illness (NAMI), 4480 30th St., San Diego
for peer support, family education, resources
www.namisaniego.org
(619) 342-7427 Impact Young Adults - Social group (ages 18-35)
www.impactyoungadults.org
(858) 444-6776 Depression and Bipolar Support Alliance (DBSA) - Free peer-led
support groups for people with mood disorders and their family/friends
www.dbsasandiego.org
(619) 294-9582 The Meeting Place, 2553 State St., San Diego
(open 8 AM-4 PM M-F) - Tours at 9:30 AM and 1:30 PM-M,T,Th&F
(619) 683-7423 The Corner Clubhouse, 2864 University Ave., San Diego
(open 8 AM-4 PM)
(619) 233-6691 The Neighborhood House Association 851 S. 35th St., San Diego
(619) 420-8603 Visions, 266 Church Ave., Chula Vista
(619) 585-4646 The Bayview Clubhouse, 330 Moss St., Chula Vista
(619) 955-8217 Friend to Friend, 1009 G St. #A, San Diego (Serving homeless
consumers)

COMMUNITY RESOURCES

- (858) 268-4933 Eastwing Socialization Center, 2359 Ulric St., San Diego (PanAsian)
(760) 439-2785 Mariposa Clubhouse, 560 Greenbrier Dr. #102, Oceanside
(619) 631-0441 The East Corner Clubhouse, 1060 Estes St., El Cajon
(760) 631-2206 Friends at Copper Hill
(619) 543-1434 Albright Information and Referral Center, Local Chapter for NAMI
or (800) 523-5933 serving people and families with education and support for mental
illness (Spanish speaking groups/services also)
www.namisandiego.org
- (858) 560-2500 Aging and Independence Services
(800) 272-3900 Alzheimer's Caregivers Group
(800) 492-4400 Alzheimer's Association
(619) 291-1400 Being Alive (HIV/AIDS groups)
www.divorcesource.com Divorce and separation support groups
(619) 278-6480 Center for Grief Care and Education - griefinfo@sdhospice.org
(619) 543-0412 Mental Health Association of San Diego County,
advocacy &
self-help - www.mhasd.org
- (619) 265-8762 Alcoholics Anonymous (AA)
(619) 296-2666 Alanon/Alateen/Pre-Alateen
(619) 692-5727 Alcohol & Drug Services Information & Referral Line, San Diego
County Health & Human Services
- (619) 584-1007 Gay, Lesbian, Bisexual and Transgender Services Community
Center (counseling, computer training, youth leadership, weekly
discussion groups)
- (619) 275-0364 Recovery International (free mental health self-help group)
www.recovery-inc.org
- (619) 543-1434 ECT Support Group at NAMI San Diego office, 4480 30th St.,
San Diego (Meets every 2nd Tuesday 5:30-7:00 PM)
- (619) 482-0297 Survivors of Suicide, provides counseling for those who have lost a
loved one to suicide
- (858) 274-4650 Recovery Innovations – WRAP Classes
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COMMUNITY RESOURCES

COMMUNITY RESOURCES

Job/Volunteer Resources/Education

- (858) 627-2600 San Diego Mesa College - www.sdmesa.edu
- (619) 388-3400 San Diego City College - www.sdcity.edu
- (619) 282-8211 Volunteers of America (VOA) - www.voa.org
- (619) 767-2100 California Department of Rehabilitation for employment services
www.dor.ca.gov
- (800) 300-5616 State Unemployment Services - www.ca.gov/work/unemploy
- (858) 627-7208 San Diego Metro Center (ROP)

Family/Community Resources

- www.sandiegoparent.com Parenting Classes and Resources for all areas of San Diego County
- www.fatherhood.gov National Responsible Fatherhood Clearinghouse
- (800) 481-2151 Childcare Resource Service (YMCA) listing of licensed childcare - www.crs.ymca.org
- www.sandiegofamily.com San Diego Family
- www.sdmts.com San Diego Metro Transit System (MTS)
or call 5-1-1
- (800) 514-0301 Americans with Disabilities Act
- 2-1-1 Disaster Services - www.211sandiego.org

COMMUNITY RESOURCES

Medical Resources

- (619) 275-0244 San Diego County Dental Society - www.sdcds.org
- (877) 734-3258 Consumer Center for Health Education & Advocacy
www.healthconsumer.org/SanDiego.html
- 2-1-1 Referral program to link uninsured with needed medical care
(Medi-Cal, dental, vision, doctors, specialists, programs, etc.)
reduced fees
www.reachoutforhealth.org
- www.211sandiego.org
- (858) 492-4444 County Medical Services (CMS); info & application
or (800) 587-8118
www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/index.html
- (858) 694-3900 San Diego County Health & Human Services
www.co.san-diego.ca.us
- (866) 262-9881 Public Assistance (Medi-Cal questions answered, General Relief,
food stamps, CAL Works 8 AM -5 PM M-F)
- (800) 339-4661 San Diego County Aging & Independence Services
- (619) 239-7264 Lions Club Vision Clinic, 1805 Upas St., San Diego
(9 AM-1 PM M-F) - sdlionsclub@gmail.com
- (619) 583-1542 San Diego Center for the Blind (serves all ages) - www.sdcb.org
- (619) 216-6663 Southwestern College, free dental cleaning, exams and x-rays
880 National City Blvd., National City
- (866) 262-9881 National Access Center
- National Diabetes Education Program - www.ndep.nih.gov/index.aspx

COMMUNITY RESOURCES

Leisure & Recreation

- (619) 235-2222 San Diego Information Centers provides maps & info on San Diego
www.sandiego.org and/or www.servingseniors.org
- (619) 235-6538 Senior Community Centers of San Diego
- (619) 525-8247 Therapeutic Recreation Services thru San Diego Park & Recreation
for group activities including sports, recreation, recreation for adults
with mental & physical disabilities
<http://www.sandiego.gov/park-and-recreation/pdf/trscalendar.pdf>
- (858) 939-3048 Adaptive Yoga Classes, free year-round for physically challenged
www.sharp.com/rehab/classes-andevents.cfm
- (619) 282-4627 Creative Arts Consortium (CAC) for art & theatre opportunities
www.creativeartsconsortium.org
- (619) 239-0512 Balboa Park Visitors Center Information Schedule of museums
offering free Tuesday admission - www.balboapark.org
- (619) 239-0512 House of Hospitality at Balboa Park offers maps
www.balboapark.org/in-the-park-visitors-center-house-hospitality
- (619) 234-5623 The Old Globe Theater, 1363 Old Globe Way at Balboa Park
www.theoldglobe.org
- (619) 238-1233 Reuben H. Fleet Science Center at Balboa Park - www.rhfl
- www.rhfl.org (619) 234-2544 San Diego Hall of Champions at Balboa Park - www.sdhoc.com
- (619) 236-5800 Directory at the Central Library, 820 E. Street, San Diego
www.openwifi spot.com
- (760) 438-5996 Museum of Making Music, 5790 Armada Dr., Carlsbad
www.museumofmakingmusic.org
- (619) 409-5900 Chula Vista Nature Center, 1000 Gunpowder Point Dr., Chula Vista
(800) 468-3533 www.chulavistanaturecenter.org
- (619) 435-6611 Hotel del Coronado, 1500 Orange Ave., Coronado, www.hoteldel.com
- (858) 534-3474 Birch Aquarium at Scripps Institution of Oceanography
2300 Expedition Way, La Jolla - www.aquarium.ucsd.edu

COMMUNITY RESOURCES

- (619) 557-5450 Cabrillo National Monument, 1800 Cabrillo Memorial Dr.
San Diego - www.nps.gov/cabr
- (619) 283-7319 Mission Basilica San Diego de Alcalá, 10818 San Diego Mission Rd.
San Diego - www.missionsandiego.com
- (619) 220-5422 Old Town San Diego State Historic Park - www.parks.ca.gov
- (619) 233-8792 The New Children's Museum, 200 W. Island Ave. San Diego
www.thinkplaycreate.org free admission 2nd Sunday of the
month, closed on Wednesday
- (619) 235-4014 Seaport Village, 849 W. Harbor Drive, San Diego
www.spvillage.com
- (858) 694-2778 Farmer's Markets of San Diego County
www.sdafb@sdfarmbureau.org (for listing of days and locations
of local markets)
- (858) 273-7800 San Diego Audubon Society for local field trips observing local birds
www.sandiegoaudubon.org
- www.sdreader.com The San Diego Reader, free about town weekly paper of local
events, news, coupons & ads
- www.sdcitybeat.com The San Diego City Beat, free about town weekly paper for
alternative local lifestyles, events, restaurant review, news
- www.meetup.com Website to help people with shared interests meet and/or form new
clubs in local communities
- www.utsandiego.com San Diego Union-Tribune, (for community activities click on
"entertainment," then choose "calendar")
- (619) 448-5253 ACES: Adaptive Computer Empowerment Services offering \$75
computers for low income and disabled) - www.adaptive.org
- www.eteamz.com Website to search for teams/sports in your area
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COMMUNITY RESOURCES

Mental Health Resources

- www.mentalhealth.com Info on mental health issues
- www.mentalhealth.samhsa.gov Substance Abuse & Mental Health Services
- www.bu.edu/cpr Center for Psychiatric Rehabilitation at Boston University
- www.psych.uic.edu National Research & Training Center on Psychiatric Disability & Peer Support
- www.namisaniego.org National Alliance On Mental Illness (NAMI)
(local and national chapters)
- www.sdcounty.ca.gov/hhsa/programs/bhs/ Info on San Diego County Mental Health Resources
- (800) 553-4539 National Mental Health Consumers' Self-Help Clearinghouse
www.mhselfhelp.org

Recovery Oriented Resources

- (858) 274-4650 Recovery Innovations – WRAP Classes
- www.mentalhealthrecovery.com
- www.copelandcenter.com
- www.mentalhealth.org Order a series of 6 books by Mary Ellen Copeland on Recovery of Your Mental Health
- www.bu.edu/cpr Boston University Center for Psychiatric Rehabilitation
- www.APAHelpCenter.org American Psychological Association
- www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp
- www.samhsa.gov/prevention Substance Abuse and Mental Health Services Administration Center for Mental Health Services
- www.nimh.nih.gov National Institute of Mental Health
- www.recoverymonth.gov National Alcohol & Drug Addiction Month Materials

