

Person Centered Planning: Information for Family Members and Supporters

Family members and friends are often an important aspect of people's recovery. Person Centered Planning is one tool that the mental health system uses to assist your friend or family member in getting the support they need. This educational handout tells you information about Person Centered Recovery Planning that you should know:

As part of receiving treatment, your friend/family member works on a document called a treatment plan or recovery plan. This plan is a 'contract for work', which talks about what your family member/friend and their treaters are going to do to help work towards making your friend/family member's life better. You may be invited by your family member/friend to be a part of the planning process, or even to attend a meeting with your family member/friend and the team. Your family member or friend has the right to decide who to bring to this meeting and planning process. Some people prefer to not have other people involved in their treatment in this way. That is also their right.

A treatment plan, also called a recovery plan, is the document that is used:

- To identify goals important to your family member/friend in their recovery and well-being.
- To help decide on things your family member/friend needs to do to make progress on these goals.
- To support your family member/friend to work on goals like getting a job, or managing money, even if your family member has ongoing mental health concerns.
- To help decide on the types of services and support your family member's support team can offer to help achieve these goals.
- By the mental health team so they can document, and get payment for, the supports they provide to your family member.
- To build upon your family member's strengths and talents by incorporating them in his/her plan

A "recovery planning" meeting is:

- Where your family member works in partnership with others to create the treatment plan.
- On a regular basis, often every 3-6 months (but the plan can be updated as needed)
- Where your friend/family member should feel comfortable and respected
- Where your friend/family member gets education on personal wellness strategies and peer support.
- Where your friend/family member has the right to invite anyone they would like, including doctors or therapists as well as friends or family members.
- An opportunity for staff to learn about cultural factors (such as spiritual beliefs and cultural views) that are important to your friend/family member, and how to include those in the plan.

If your family member/friend desires, you can be a support in numerous ways. These might include

- Helping your friend/family member think about priorities and goals ahead of time.
- Asking your friend/family member what kinds of support would be helpful for them.
- Offering support and assisting your family member in advocating for themselves.
- Respecting your friend/family member's wishes and rights.
- Following through on action steps on the plan, such as practical help with transportation.

What happens after this meeting?

- The clinician will work to include the things talked about in a written document.
- Your family member should be offered a copy of the plan.
- The treatment plan should be written so that your family member can understand it, and words that are not understandable are explained.