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**Template Questions for Initial Recovery Plan**

Do you have a photo ID?

Are you able to purchase food for yourself (and your family)?

Do you have health insurance? (Are your children enrolled in health insurance?)

Do you have your insurance card?

Do you have a social security card?

Do you have your birth certificate?

Have you had a clinical assessment for drug and alcohol use disorder?

If yes, have you followed up on the recommendation?

Do you have all of the medications that you need?

When are you due for any refills?

Are you able to get refills?

Do you have a primary care physician?

Are you involved in a recovery support pathway? (12 steps, Celebrate Recovery, SMART Recovery?)

Do you have access to reliable transportation?

Are you on probation or parole?

Do you have any pending court dates?

\*Depending on the answers you can set appropriate goals

**Template Questions for Follow up Recovery Plans**

**From SAMHSA’s 8 Dimensions of Wellness**

Which areas of your wellness do you think need to be improved the most?

 Physical

 Social

 Occupational

 Financial

 Environmental

 Spiritual

 Intellectual

 Physical

*Depending on the answer, you can use the following questions to start a conversation and identify some goals.*

**Template Physical Wellness**

Do you have access to healthy food?

Do you make meals at home? Why or why not?

Do you feel you eat enough healthy food?

Do you feel like you get enough physical exercise?

Are you getting 7-8 hours of sleep each night?

Are you being mindful of triggers that make you want to use substances? Are you using your plans to avoid triggers?

Have you visited your doctor for a wellness visit?

Have you visited the dentist for a check-up?

**Example Physical Wellness Goals**

I will eat at least 3 servings of fruit and vegetables every day this week

I will pack my lunch every day this week.

I will go for a walk three times this week

I will go to bed at 10PM each weeknight this week

I will make an appointment to visit my doctor this week.

I will make an appointment to visit the dentist this week.

**Intellectual**

What do you like to learn about?

How do you like to learn? (Audio, visual, reading?)

What do you know about that you would like to share with others?

Are you interested in further education?

Are there puzzles or games that you like to play? (Wordle, crosswords, language apps)

Do you like to follow current events?

**Example Intellectual Goals**

I will get a library card this week and check out a book that interests me

I will invite a friend to watch a documentary with me

I will research what education I need for my professional career

I will sign up for a newsletter and read it this week

I will offer to teach others in the recovery home how to…

**Financial**

How do you feel about your finances?

Do you have a bank account?

What debts do you have?

Does your current job pay enough for your needs?

How often do you look at your finances?

Are you able to save money for special things?

Do you have a budget?

**Example Financial Goals**

I will collect all of my documents about all the debt I have into one place

I will open a bank account at BANK this week

I will write down anytime that i spend money this month into a log

I will use the log that I created to create a budget

I will stick to my budget this week/month

I will save $10 this week and deposit it into my savings account

**Environmental**

Do you like to spend time outdoors?

What do you like to do outdoors?

Do you feel like your personal space is neat and clean?

Do you have decorations and items that make you feel at home?

Do you recycle?

Do you monitor how much water or power you use?

**Example Environmental Goals**

I will spend at least 10 minutes outdoors each day this week

I will go through all of my clothes and donate any items that I do not need

I will clean out my car this week

I will print out photos of my family or friends and display them in my room

I will use my usable bottle instead of drinking bottled water this week

I will turn off the lights when i leave a room this week

**Spiritual Wellness**

Do you have a spiritual path that you follow?

Do you have a group in your community that deepens your spiritual practice and connects with others who share your beliefs?

Do you reach out to help others when they are in need?

Are you respectful of others' spiritual beliefs?

Do you take time each day to engage in spiritual practice?

**Example Spiritual Goals**

I will find a group in my community that can help me deepen my spiritual practice.

I will learn more about \_\_\_\_\_\_\_ faith tradition

I will find one person to help this week.

I will engage in spiritual practice for an amount of time this week.

**Social Wellness**

Do you have friends that you can do fun activities with like visit a park, go to a movie, share a meal?

Are you keeping in touch with your family and friends?

Do you have friends who share your specific interests?

Are you open to meeting people with different backgrounds?

Do you volunteer?

Do you set aside time to meet with friends?

**Example Social Wellness goals**

I will invite **PERSON** to go on a walk or have a cup of coffee with me

I will call PERSON to catch up with them and ask them how they are

I will attend a local meet up for **GROUP that I am interested in**

I will look up if there are volunteer opportunities at **PLACE**

I will attend the house **SOCIAL GATHERING** and participate in the activities

**Occupational**

Are you employed?

If not, do you want/ need to be employed?

Does your work vit your values?

Do you feel that your work is a good fit for your talents, gifts and knowledge?

Do you feel you have a good work/leisure balance?

Do you have a schedule for your day?

Do you feel a sense of accomplishment from your job?

**Example Occupational Wellness Goals**

I will apply for a job this week

I will attend a job fair this week

I will recognize the success I had at work this week.

I will draft a resume this week.

I will ask about any opportunities for other roles at my place of employment.

I will ask PERSON to be a professional reference for me this week.

I will ask PERSONS about career opportunities in a specific field this week.

**Emotional Wellness**

Have you joined a support group?

Do you keep a journal?

Do you have a strategy for when you are feeling stressed?

Have you tried meditation, yoga, breathing exercises to remain calm and centered?

Do you maintain a daily routine?

Do you leave yourself enough time for meals and to get to obligations?

Do you enjoy meals without distractions, such as TV or on being on your phone?

How do you feel about your social media use?

**Emotional Wellness Goals**

I will find a support group to join for other people who also experience **THIS**

I will write in my private journal every day this week

I will practice mindfulness for ## minutes this week.

I will eat breakfast each morning without watching TV or looking at my phone

I will monitor my social media use and not spend more than ## of time scrolling on social media.

I will schedule time for meals and breaks during this week.

What I accomplished from last week’s plan -

What I didn’t accomplish from last week’s plan -

Do I need to do something differently?

| What I am going to do | When I will do it by | What I will need | How NAME is going to help |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

What I accomplished from last week’s plan -

Last week I was able to apply for a job at Main STreet Company. I was also able to take a 10 minute walk each day last week. I also attended all of the 12-step meetings that I committed to last week.

What I didn’t accomplish from last week’s plan -

Last week, I did not call my friend, Beth, like I had planned.

Do I need to do something differently?

I think I may need to set a reminder to call my friend before it gets too late in the day.

| What I am going to do | When I will do it by | What I will need | How Janet is going to help |
| --- | --- | --- | --- |
| Take a walk for at least 10 minutes every day | Each day this week | To schedule, someone to go with me |  |
| Attend 5 12-step meetings | By Saturday | Transportation, to make sure it is on my schedule | Will help me find transportation |
| Complete my weekly chore on time | By Saturday | To check the chore chart and schedule my chore |  |
| Call my friend Beth to check in with her and ask her how she is  | By Wednesday | Beth’s phone number, make sure it is on my schedule |  |
| Apply for another job  | By the end of the week | List of jobs | Will help me register for Ohio Means Jobs |