



Me and My Recovery

Introduction

In this part of My Shared Pathway, we explore and discover your personal story, identity, roles, strengths and hopes as part of our journey of recovery through and out of secure care. You can learn more about what recovery means in the 'What is Recovery?' part of the Introduction to My Shared Pathway.

In this Pathway Resource Book we will set personal goals for your recovery and think of ways we can monitor your recovery and plan your future journey. This will help us to see the process as your own and help you to take responsibility for meeting for yourself the goals you and others identify.

What's it all about?

The goals of **Me and My Recovery** are to develop a shared understanding of who you are and your life story so far. We want to discover together where you are in your recovery and understand how your lifestyle and life choices have contributed to your admission to hospital. We want to identify your personal recovery goals and how to achieve them and develop a plan for continuing with your recovery that works for you during your stay in hospital and that will maintain your recovery once you leave hospital.

How to use this Pathway Resource Book

You may find it useful to answer all the questions in this Book, or it may be that you just want to answer some of them. Whichever way you choose to use them, we hope that you'll be able to use the questions that are important to you as the basis for a discussion with your clinical team.

This Pathway Resource Book – Me and My Recovery will help you and your clinical team gather all the information needed to help answer the questions relating to your life, your lifestyle and your recovery in My Outcomes, Plans and Progress.

Where am I now?

We will start by thinking about where you are in your life's journey. In Pathway Resource Book One – A Shared Understanding you told us the story of your life and about the important events that had happened to you. We will now think about how you came to be the person you are and where you are in your recovery. We will look to discover your strengths, resources, values, and lifestyle, together with the areas of your life you may want to change. It may be helpful to do this using a 'Recovery Tool', such as the Recovery Star, to help you work out where you are now. These are discussed in more detail later on in the section called '**How can I tell how I'm doing?**'.

How I became me

What was life like for me when I was growing up?

Tell us as much as you can about what life was like for you as a child and a teenager.

What did I enjoy?

What's my best memory?

What's my worst memory?

What skills and abilities did I discover I had?

Tell us about all the things you were good at when you were younger.

What are my greatest achievements?

Tell us what you're most proud of.

What are my greatest disappointments?

Tell us what you really wish had been different.

When I was growing up, who did I really admire?

Tell us who you looked up to and why.

What important lessons did I learn when I was growing up?

What would I change about my growing up if I could?

What about your life do you wish had been different?

What are all the positive ways I've changed or grown as a person and would like to change in the future?

My strengths and resources

What keeps me going?

Think about how you get through the difficult times in your life.

What are my roles in life?

Tell us how you see your place in the world.

Do I believe in myself?

What are the things I most like about myself?

What are my strengths?

List all the ways you are a strong person.

How have I got through the tough times in life?

Give some examples of how you coped with difficult situations.

How well do I solve my problems?

Are you good at making decisions?

How assertive am I?

Think about the ways you relate to others when things aren't as you would like them to be.

What are the strengths I would most like to develop?

My values

What makes me happy?

When did I last have fun?

What are my spiritual and political beliefs?

Tell us what you believe in.

What would someone who knew me really well and liked me say about me?

What would you want them to say?

What things have I done that I'm really proud of?

When was the last time someone paid me a compliment?

What did they say about me?

How satisfying and meaningful is my life?

Think of your life in hospital, as well as your life before coming into hospital.

How independent am I?

How much help do you need to live the life you want?

Tell us what you believe in.

How do my disabilities or communication needs affect my daily life?

Tell us about any extra support you need for these.

How well can I look after myself?

Think about self care, activities of daily living, decision making and keeping yourself safe.

How well am I able to occupy my time?

How well am I able to socialise with other people?

How well am I able to enjoy myself?

Does my personal timetable reflect the lifestyle I want to have?

Where do I want to get to?



We will now think about the ways in which you would like your life to be different and start to set goals to achieve the changes you identify. We are not just thinking about improvements in your mental health, but the longer-term changes that will help you become the person you would like to become. These are the changes that will help you move on in your life and live differently once you leave secure care.

Look again at your Recovery Tool and think about where you would like to get to next. Try to set some goals for your life in the areas described in your Recovery Tool. Make sure they're realistic, achievable and that you'll know when you've reached them. Record them in your Portfolio and review them on a regular basis.

What do I hope for in life?

How would you like your life to be different?

What are my dreams?

What kind of lifestyle do I want in the future?

What would give my life more meaning and make it more enjoyable?

What would I most like to change about myself if I could?

What would give me more hope?

What activities do I want to occupy my time with?

How much leave would I like to have?

What are my goals for my recovery for the next few weeks, for the next few months and for the next few years?

How do I get there?

You may already have started to think about how you can achieve the goals you have set yourself. Some of your goals will be those identified in your Care Plans and will be discussed at your ward rounds and six-monthly CPA meetings. Some of your goals will require help from other people and it's important to have people to help support you as you make these important changes to your life.

Make a list of people that can help support you and the ways in which they can do this. People who can help you set goals and work towards achieving them are likely to be people who work with you, such as a member of the nursing team or your Occupational Therapist, but they can also be friends and family, an Advocate, someone from the Education Department or one of the other people you come into contact with on a regular basis. There are many ways in which people can help you, including discussions with you and other people who know you, such as your friends and family, and through giving you help and support.

Think about how you would like people to help you:

Would you like to meet with them regularly or just when you get stuck?

Would you like them to help you fill in your Portfolio or just review it with you regularly?

If you feel you would like more support, who would you be able to ask for help in finding it?

How can I tell how I'm doing?

It's good to be able to tell how you're doing and My Outcomes, Plans and Progress will help you do this as you complete the My Outcomes sections. These will then help you to set more goals and see where you're heading next.

As well as My Outcomes, Plans and Progress and feedback from the people who are helping you, there are also some other useful tools and outcome measures to help you do this. There are a variety of so-called 'Recovery Tools' and other Pathway Resources, such as the Recovery Star that you can use to help you, together with some outcome measures. Recovery Tools are all designed in a way to help you understand where you are now, what your strengths are, what the areas are in your life that you want to change, and where you want to get to on your life journey.

Why not ask your clinical team to tell you more about My Outcomes, Plans and Progress and other Recovery Tools and outcome measures? Your clinical team may have some of their own that you could use.

A good way to monitor your progress is to regularly review My Outcomes, Plans and Progress and complete it in detail every few months, especially before every CPA meeting. Keep a record of My Outcomes, Plans and Progress and other Recovery Tools in your Portfolio. As your life continues to change it's good to complete these on a regular basis and monitor your progress with the people you are working with. There are other ways of doing this too and the person you are working most closely with will be able to help you with these.

Additional Pages

Additional Pages



