# Resource List for Person-Centered Recovery Planning

<table>
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<tr>
<th>Books &amp; Chapters on Recovery-Based Foundations and Systems Change</th>
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● Daniels, A and Adams, N, From Study to Action: A Strategic Plan for Transformation of Mental Health Care. 2006, California Institute for Mental Health  
● Recovery versus Traditional Approach Handout (see attached??) |

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<tr>
<th>Outcomes and Evidence for Recovery-Oriented Care</th>
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● Pat Deegan Recovery story (Appalachian Consulting) |
**Books & Chapters on PCP:**

- Tondora, J., Miller, R., & Davidson, L. The top ten concerns about person-centered care planning in mental health systems. (2012). International Journal of Person Centered Medicine, 2(3), 410-420. (see attached)

**Outcomes and Evidence for PCP**


**SAMHSA National Consensus Initiative on Person/Family Centered Planning**

- The Role of Person-Centered Service/Care Planning in Mental Health Recovery -White Paper and Literature Review. (see attached)
| Motivational Interviewing And Stage of Change | • Miller, William R and Rollnick, Steven, *Motivational Interviewing: Preparing People to Change Addictive Behavior*. New York: Guilford  
  • Motivational Interviews as Goal Assessment for Persons with Psychiatric Disabilities: Patrick W. Corrigan, Stanley G. McCracken, & E. Paul Holmes University of Chicago, Center for Psychiatric Disabilities (see attached)  
  • NY Comprehensive Chart of all Stages of Change and interventions to match (see attached)  
  Applying Stages of Change Models to Recovery from Serious Mental Illness: Contributions and Limitations. Larry Davidson, PhD,1 David Roe, PhD,2 Raquel Andres-Hyman, PhD,1 and Priscilla Ridgway, Ph.D. Isr J Psychiatry Relat Sci - Vol 47 - No.3 (2010) (see attached) |
| Interpretive Summary | • Interpretive Summaries Guide (see attached) |
| Goal Setting | 1. Developing goals excerpt (see attached)  
  2. Recovery to Practice article: What if a person has no goals? (see attached)  
  3. Sarah: A Study in Person –Centered Treatment Duncan, B. & Miller S. 2008. When I'm good, I'm very good, but when I'm bad I'm better: A new mantra for psychotherapist. *Psychotherapy in Australia*, 15, 1, 60-69. (see attached) |
| Objectives | • Objectives specifying change (see attached)  
  • Objectives exercise (see attached)  
  • Objectives exercise- suggested answers (see attached) |
| Developing the Plan | • Treatment Planning Conversation Tips (see attached)  
  • Basic Structure and Common Errors in Plan Writing (see attached) |
| Provider competencies for PCRP | • Sainsbury Centre for Mental Health, *The Capable Practitioner: A framework and list of the practitioner capabilities required to implement The National Service Framework for Mental Health A report commissioned by The National Service Framework Workforce Action Team*, April 2001. (see attached) |
### Culturally-responsive Services


### Self-determination/Consumer Empowerment Tools and Articles

- Getting in the Driver’s Seat of your Treatment: Preparing for Your Plan
  - English: (see attached)
  - Spanish: (see attached)
- Short Person-Centered Care Questionnaire for PIR (see attached)
- “This is Your Life: Creating your Self-Directed Life Plan” MH Services Research Program at the University of Illinois at Chicago: [www.psych.uic.edu/mhsp](http://www.psych.uic.edu/mhsp) and [www.psych.uic.edu/nrtc](http://www.psych.uic.edu/nrtc)
- [www.copelandcenter.com](http://www.copelandcenter.com)
- WRAP Research: Judith Cook article
- WRAP versus the Person-Centered Recovery Plan – Tale and Descriptions (see attached)

### Children And Adolescents

- [www.dpw.state.pa.us/omhsas/guidelines](http://www.dpw.state.pa.us/omhsas/guidelines)
- Recovery, resilience, and children’s mental health:
  - [http://www.rtc.pdx.edu/PDF/FAQs.pdf](http://www.rtc.pdx.edu/PDF/FAQs.pdf)
  - [http://www.search-institute.org/content/what-are-developmental-assets](http://www.search-institute.org/content/what-are-developmental-assets)
  - [http://www.search-institute.org/developmental-assets-tools](http://www.search-institute.org/developmental-assets-tools)

### Community Inclusion

| Workbooks on PCP | NY State PROS (online workbook: Person-Centered Recovery Planning Workbook for Personlized Recovery Oriented Services) [https://www.omh.ny.gov.omhweb/pros/Person Centered Workbook/](https://www.omh.ny.gov/omhweb/pros/Person Centered Workbook/)  
| Person-Centered Planning Guide – New York Care Coordination Program  |
|AACP Guidelines for Recovery-Oriented Services: [http://www.comm.psych.pitt.edu/](http://www.comm.psych.pitt.edu/)  
|Best Practices: A Program to Support Shared Decision Making in an Outpatient Psychiatric Medication Clinic, Patricia E. Deegan, Ph.D., Charles Rapp, Ph.D., Mark Holter, Ph.D. and Melody Riefer, M.S.W. Psychiatric Serv 59:603-605, June 2008  |
Koyanagi C, Alfano E, Carty L: In the driver’s seat: A guide to self-directed mental health care. Bazelon Center for Mental Health. Law & UPENN Collaborative on Consumer Integration, 2008 (see attached) |
| --- | --- |
| Person-Centered Language Considerations | Person First Language- Language Counts: Content of table derived from the following sources: Tondora and Davidson, 2006; White, 2001; and Meta Services, 2005.  
Glass Half Empty language exercise – see attached  
Skill Building (psycho-social Rehab) language: Charting to the Plan – see attached |
Guide to Resources on Peer Integration – see attached  
Peer support- STAR (support, technical assistance and resource) [www.consumerstar.org](http://www.consumerstar.org)  
- PCCQ (Person-Centered Care Questionnaire): Person In Recovery Version: see attached  
- Provider Version: see attached  
- PCP Quality Indicators for persons in recovery feedback subscale and chart reviews subscale  
- Short PCCQ for PIR: see attached  
- Service Plan Tips Review Sheet: see attached  
- Vital Signs Toolkit of the New York Care Coordination Program (see attached)  
- New York Care Coordination Program Evaluation Results – see: http://www.carecoordination.org/results.aspx |
| Sample Recovery plans | Sample Recovery plan with MI intervention – see attached  
- Cathy – co-occurring  
- Mr. Blake – outpatient psych rehab  
- Roma – inpatient  
- Diana – child  
- JR – outpatient MH/risk potential  
- Chris – case management example |
| Sample Person-Centered Assessments and Planning Templates | Sample strengths-based assessment (SAB) interview template (see attached)  
- Sample Recovery Planning template (see attached) |
| Videos on Recovery and PCRP – all attached | The Gestalt Project  
- Amy’s story  
- Recovery from Mental Illness- Pat Deegan  
- Certified peer specialist story –Gina Calhoun  
- Kids video similar to gestalt |