# How to Include Peer Support or Recovery Coaching in a Person Centered Plan

<table>
<thead>
<tr>
<th>Area of Concern</th>
<th>Support Options</th>
<th>Potential Outcomes</th>
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</table>
| **Isolation**   | Hearing Voices Network | - Intropection  
- Self-Care  
- Emotional Awareness  
- Validation and Acceptance  
- Mutuality  
- Inspiration | | Smoke Less, Live More | - Motivation and Inspiration  
- Coping Strategies  
- Problem Solving and Decision Making  
- Self-Empowerment  
- Self-Care  
- Goal Setting  
- Reduce or Eliminate Use |
| Rainbow United  | - Emotional Awareness  
- Validation and Acceptance  
- Mutuality  
- Self-Care  
- LGBTQ Community  
- Inspiration | | WHAM  
(Whole Health Action Management) | - Motivation and Inspiration  
- Self-Awareness  
- Problem Solving and Decision Making  
- Self-Empowerment  
- Self-Advocacy  
- Self-Care  
- Goal Setting  
- Incremental Changes  
- Personal Accountability  
- Mutual | |
| SMART Recovery  (Self-Management & Recovery Training) | - Connection and Network  
- Recovery Support  
- Problem Solving Skills  
- Motivation  
- Personal Accountability  
- Coping Strategies  
- Addiction Recovery | | One on One  
Peer Support OR Recovery Coaching | - Resources  
- Advocacy  
- Validation  
- Encouragement  
- Emotional Support  
- Techniques for Self-Directed Change  
- Commitment |
| Transformations Group  | - Validation and Acceptance  
- Motivation and Inspiration  
- Community Engagement  
- Mutuality | | | |
| One on One: Peer Support OR Recovery Coaching | - Increased Hope  
- Self-Empowerment  
- Validation  
- Increased Self-Confidence  
- Connection and Mutuality  
- Increased Treatment Engagement  
- Increased Social Function  
- Increased Life Satisfaction  
- Inspiration | | | |
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| Substance Abuse and Addiction: Drugs, Alcohol, Tobacco, Sex, Gambling etc. | SMART Recovery (Self-Management & Recovery Training) | - Motivation  
- Techniques for change  
- Self-Empowerment/Self-Reliance  
- Recovery Support & Relationships  
- Problem Solving Skills  
- Reduce or Eliminate Use |
| | Seeking Safety | - Detachment from Emotional Pain  
- Self-Empowerment  
- Commitment  
- Self-Care |
| | Women's Healing from Trauma OR Men's Healing from Trauma [not currently offered] | - Self-Awareness  
- Confidence  
- Healthy Relationships  
- Addiction Recovery  
- Spiritual Connectedness  
- Self-Care  
- Emotional Awareness  
- Gender Issues  
- Inspiration |
| | Smoke Less, Live More | - Motivation  
- Techniques for Change  
- Problem Solving Skills  
- Plans to Reduce Cravings  
- Reduce or Eliminate Use |
| | One on One Recovery Coaching | - Increased Hope, Validation, and Encouragement  
- Increased Treatment Engagement  
- Accountability Partner  
- Mentor  
- Clarify Future Goals |
| | Trauma/PTSD | |
| | Seeking Safety | - Self-Empowerment  
- Healthy Relationships  
- Commitment  
- Self-Care  
- Detachment from Emotional Pain |
| | Women's Healing from Trauma OR Men's Healing from Trauma [not currently offered] | - Introspection  
- Self-Confidence  
- Healthy Relationships  
- Addiction Recovery  
- Spiritual Connectedness  
- Self-Care  
- Emotional Awareness |
| | Hearing Voice Network | - Introspection  
- Self-Care  
- Emotional Awareness  
- Validation  
- Self-Empowerment |
| | One on One Peer Support | - Increased Hope  
- Self-Empowerment  
- Validation  
- Increased Self-Confidence  
- Connection and Mutuality  
- Increased Treatment Engagement  
- Increased Social Function  
- Increased Life Satisfaction  
- Inspiration |