

Worksheet #1

Recovery Milestones and Discharge from Involuntary Detainment



WORKSHEET: #1

RECOVERY MILESTONES AND DISCHARGE FROM INVOLUNTARY DETAINMENT

An individual's stage of recovery is especially relevant to the content and process of discharge from the involuntary detainment. Review the Clinical Assessment Guidelines in the left column. Then note how the guideline might be implemented differently for individuals at each of the three milestones listed in the column on the right.

Clinical Assessment Guideline	Stage of Recovery	Stage of Readiness: High Risk / Not Engaged: Poorly Coping / Engaged	
		How would the guideline be implemented in a way that accounts for the individual's readiness at each of these recovery milestones?	
	Early Stage	High Risk/ Not Engaged	Poorly Coping / Engaged
8.04 Validate the individual's perspective of the situation (person-centered).	<input type="text"/>	<input type="text"/>	<input type="text"/>
8.07(b) Express a recovery orientation; therefore, discharge plans must reflect client's self-direction and build self-responsibility.	<input type="text"/>	<input type="text"/>	<input type="text"/>
8.07 (c) Express a recovery orientation; therefore, discharge plans must empower the client with information and linkage to supportive resources.	<input type="text"/>	<input type="text"/>	<input type="text"/>
8.07 (d) Express a recovery orientation; therefore, discharge plans must be strengths-based.	<input type="text"/>	<input type="text"/>	<input type="text"/>
8.07 (h) Express a recovery orientation; therefore, discharge plans must identify relevant community-based services and natural support networks.	<input type="text"/>	<input type="text"/>	<input type="text"/>
9.02 Confirm that the individual remains committed to the decisions about use of chosen follow-up resources and remains willing to follow through.	<input type="text"/>	<input type="text"/>	<input type="text"/>
9.03 Confirm that the client's basic needs (e.g., housing, meals, adequate clothing, access to medications) can and will be met if the individual and designated resources follow through on their commitments.	<input type="text"/>	<input type="text"/>	<input type="text"/>
10.04 Assess, with the individual, how the present experience of stabilizing and resolving the crisis state may be helpful in coping with future crises	<input type="text"/>	<input type="text"/>	<input type="text"/>

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FROM INVOLUNTARY DETAINMENT**
Examples of Answers

Clinical Assessment Guideline	Stage of Recovery	Stage of Readiness: High Risk / Not Engaged: Poorly Coping / Engaged	
	Early Stage	High Risk/ Not Engaged	Poorly Coping/ Engaged
8.04 Validate the individual's perspective of the situation (person-centered).	<p>Help client recognize discrepancy between how one is versus how one wants to be</p> <ul style="list-style-type: none"> - Focus on discrepancies from the client, not from the perspectives of others - Direct sessions toward resolving ambivalence when it interferes with change 	<p>: Emphasize acceptance, not confrontation- Reflect the client's own words whenever such words promote change</p>	<p>Some supportive confrontation may be acceptable and beneficial</p>
8.07(b) Express a recovery orientation; therefore, discharge plans must reflect client's self-direction and build self-responsibility.	<p>Plan for client's continued use of reliable and effective resources and relationships</p>	<p>High Risk / Not Engaged: - Identify options that exist within services that are essential for safety</p>	<p>Poorly Coping / Engaged Focus on shared decision-making regarding client-selected, psychosocially supportive services in the community</p>
8.07 (c) Express a recovery orientation; therefore, discharge plans must empower the client with information and linkage to supportive resources.	<ul style="list-style-type: none"> - Inform clients of more challenging options for goals and resources for achieving them 	<p>High Risk / Not Engaged: Carefully identify potential access barriers to needed services and advocate or arrange for advocacy to overcome barriers</p>	<p>Poorly Coping / Engaged Identify options, evaluating pros and cons. - Anticipate access barriers and prepare client with information and skills to challenge them</p>

<p>8.07 (d) Express a recovery orientation; therefore, discharge plans must be strengths-based.</p>	<ul style="list-style-type: none"> - Elicit client's self-assessment of strengths and limitations - Explore how strengths and resources can be used to compensate for or overcome these limitations 	<p>High Risk / Not Engaged:</p> <p>Identify what the client has done so far to prevent the situation from being any worse than it is</p>	<p>Poorly Coping / Engaged</p> <p>Identify strengths that have been effective in the past</p> <p>Discuss how discharge referrals capitalize on those strengths</p>
<p>8.07 (h) Express a recovery orientation; therefore, discharge plans must identify relevant community-based services and natural support networks.</p>	<p>Inform client of resources not previously considered that could build upon continued use of preexisting resources</p>	<p>High Risk / Not Engaged:</p> <p>Focus on resources relevant to safety, health, and security</p>	<p>Poorly Coping / Engaged</p> <p>Focus on restoring relationships that client values from the past</p>
<p>9.02 Confirm that the individual remains committed to the decisions about use of chosen follow-up resources and remains willing to follow through.</p>	<p>Early Recovery- Confirm client's clear understanding of follow-up resources and plans for engagement with them</p>	<p>High Risk / Not Engaged:</p> <p>Arrange for client to express commitment to a valued supportive significant other, if available</p>	<p>Poorly Coping / Engaged</p> <ul style="list-style-type: none"> - Encourage visits with significant others during the detainment - Encourage his or her discussion of mutual follow-up plans
<p>9.03 Confirm that the client's basic needs (e.g., housing, meals, adequate clothing, access to medications) can and will be met if the individual and designated resources</p>	<p>Explore how client can self-advocate against access any potential barriers</p> <p>Encourage client to contact referral resources to confirm their availability and access ability</p>	<p>High Risk / Not Engaged:</p> <p>Focus on resources supportive of safety, health, security</p> <ul style="list-style-type: none"> - Contact resources to assure their availability and accessibility 	<p>Poorly Coping / Engaged</p> <p>Encourage client to contact referral resources to confirm their availability and accessibility; advocate against any potential access barriers</p>

follow through on their commitments.

10.04 Assess, with the individual, how the present experience of stabilizing and resolving the crisis state may be helpful in coping with future crises

Evaluate how the individual can use supportive resources for a robust implementation of his or her specific plans for maintenance

High Risk / Not Engaged:
As the client stabilizes during the detainment, draw attention to what the client has done to make this possible

Poorly Coping / Engaged
Draw attention to parallels between the individual's problem-solving during detainment and examples of effective problem-solving in the community