



3.1a) GOAL SETTING IN PEER RECOVERY SUPPORT

Hope Recovery Network believes the most universal “Goal” of personal recovery is: Gaining and Maintaining Wellness. Sounds great, right? But setting goals can be harder to do than it seems, and no one needs another discouraging “New Year’s Resolution” that doesn’t actually **impact** their lives. This is why you are in Peer Recovery Support, so you have someone along with you to help set achievable goals and keep you focused on making actual progress towards stable, resilient wellness. **Build Your Best Life.**

Stating Goals With IMPACT! (Section 3.1a is from the Whole Health Action Management WHAM Program, National Council for Well-Being)

Improve: *Does it improve the quality of my health and resiliency?*

Measurable: *Is it measurable in terms of my supporter knowing if I have accomplished it?*

Positively Stated: *Is it positively stated as something new I want in my life?*

Achievable: *Is it achievable for me in my present situation and with my current abilities?*

Call Forth Actions: *Does it call forth actions I can take on a regular basis to start creating healthy habits?*

Time Limited: *Is it time limited in terms of when I will begin and when I plan to accomplish it?*



ACTION PLAN: Keys to Meeting Goals Successfully:

After setting an “impactful” goal, following this specific action plan with daily accountability can help achieve it:

Person-Centered Goal: *Using current patterns, interests, and strengths to develop an individualized goal.*

Weekly Action Plan: *Actions taken each week toward the goal.* **Daily/Weekly Personal Log:** *Tracks what we do each week.*

One-to-One &/or Group Support: *Meeting each week to set and share weekly action plans with contact between each meeting.*

Staying Resilient In Your Wellness Goals:

*Life has mini episodes called “days.” Each day can go really well, or really... not so well. So after a bad week, a bad month or even a bad year, resiliency is how our personal wellness can **survive to thrive.***

Whole Health Action Management (WHAM) has defined ten “Whole Health and Resiliency Factors” as:

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| (1) Stress Management | (5) Service to Others | (9) Spiritual Beliefs & Practices |
| (2) Healthy Eating | (6) Support Network | (10) Sense of Meaning & Purpose |
| (3) Physical Activity | (7) Optimistic Expectations | |
| (4) Restful Sleep | (8) Challenging Negative Thinking | <i>(You can ask your Supporter for more WHAM content)</i> |

3.1b) PERSON-CENTERED GOALS IN RECOVERY SUPPORT

Effective Peer Recovery Support is “Person-Centered,” meaning its up to the Participant to decide what to do and how to do it. Peer Supporters have experience with their own recovery and can suggest routes and give tips, but they cannot drive for you. The underlying goal of Peer Recovery Support is to get Participant’s to a balanced healthy life that guides itself, without the need for a professional co-pilot.

However, being person-centered does not mean Peer Support is completely passive. Everyone is responsible for their own actions: You for yours and Peer Supporters for theirs. Peer Supporters cannot stop a Participant’s unhealthy behavior, but they can choose not to offer their support for behavior that directly contradicts recovery and wellness. Peer Supporters may choose not to drive to McDonald’s if you have Type II diabetes, or enable a gambling addiction with multiple trips for scratch off lottery tickets, or any similar counterproductive behavior toward recovery.

Instead of reinforcing poor habits, Peer Support fosters positive habits using your strengths to meet your goals. First, it seeks to establish—what are your strengths? Do you like to organize and plan? Or “just do it” and learn from mistakes with self-evaluation and feedback? Do you have hobbies you can build on? Peer Support then uses those qualities, preferences, and abilities to reach your unique wellness goalposts.