**Roma: Sample PCRP**

There are many possible ways that a quality PCRP might come together. This sample is organized around Roma’s overarching life goal of being a better mother and getting her kids back with certain components (e.g., improving her sleep, decreasing drinking, addressing medical issues, and becoming more skilled with her money management, etc.) integrated underneath this goal as shorter-term objectives. It is also possible the plan may have been split up into more than one focus area. Any of these structures can be appropriate provided they are mutually negotiated in partnership with the person-in recovery – there is no single “right” way to develop a person-centered recovery plan!

***Person Centered Goal(s)***

“I want to be a better mother for my kids and work toward getting them back.””

***Strengths***

Deep love for children; recognizes need for to “stay in control,”; cousin is very supportive and willing to negotiate supervised visitation; has safe temporary housing; beginning to understand the relationship between trauma, substance use, and sleep disturbance; positive relationship with Case Manager; creative and “artsy” – loves books and painting; recognizes need for skill development to take care of kids and run a household; cousin is willing to assist; can be detail-oriented if given practical organizing tools

***Barriers/Assessed Needs***

Frequent verbal and physical altercations with daughter; in need of skill development in areas of communication, parenting, and conflict resolution; mental health symptoms (severe depression and trauma) complicate parenting difficulties; vivid nightmares wake Roma up repeatedly throughout the night; has not slept through night in months; hepatitis C leads to chronic fatigue and joint pain; tends to resort to use of alcohol and other symptoms to get to sleep and relieve distressing nightmares; Symptoms of depression and trauma have led to difficulty with some ADLs, e.g., Roma has neglected bills in the past and failure to pay rent has led to eviction proceedings and instability in housing for her and children

***Objective* 1 (targeting conflicts with daughter)**

*Roma will have a minimum of 3 successful supervised visits (without outbursts) with her daughter within 30 days as evidenced by Roma’s self report and cousin’s report.*

***Interventions and Action Steps***

1. Sally Rodriquez, Clinician, will provide trauma-informed individual therapy 2x/monthly for 3 months to assist Roma in identifying and managing mental health and trauma symptoms which impact her reactions with her daughter.
2. Sally Rodriguez, Case Manager, will meet with Roma two times over the next two weeks in order to help Roma to identify and access parenting-support groups/organizations in the local community so she can develop a healthy peer network with which to share her parenting concerns and receive support.
3. Bob Smith, Wellness Coach, will provide Coping Skills training twice monthly for 3 months in order to teach Roma conflict resolution and positive coping strategies to manage stressful situations which arise with daughter.
4. Audrey Jenkins, Peer Specialist, will assist Roma in learning about arts-related events/activities in the local community that Roma and her daughter might attend together on their visits.

Self-Directed Wellness and/or Natural Support Actions:

1. Within 2 weeks, Roma will develop a list of preferred arts-related activities she’d like to engage in with her daughter in order to help structure visits and draw upon their shared passion for the arts and creative expression
2. Roma’s cousin will work with Roma and shelter staff in order to schedule visits, and will report back to Team re: Roma’s progress toward the above objective. Roma’s cousin will also participate in NAMI-sponsored Family-to-Family program to receive education and support re: Roma’s issues with depression and post-traumatic stress

***Objective 2* (targeting sleep disturbance)**

*Within 90 days, Roma will report at least 2 nights per week of uninterrupted sleep (minimum of 7 hours) for 3 consecutive weeks where she does not wake up from nightmares*

**Interventions:**

1. Sally Rodriguez, Case Manager, will coordinate care with Roma’s therapist through monthly phone calls for 3 months to assist Roma in identifying and managing mental health and trauma symptoms which lead to nightmares and sleep disturbance
2. Sally Rodriguez, Case Manager, will consult with PCP re: Roma’s previous lack of follow through with specialists and will identify and refer Roma to a female hepatologist for evaluation and treatment of Roma’s chronic fatigue and other symptoms associated with her hepatitis.
3. Sally Rodrigues, Case Manager, will refer Roma to Sleep Hygiene group run by agency nurse within 2 weeks to help Roma improve sleep habits/patterns.

Self-Directed Wellness and/or Natural Support Actions:

1. Roma’s cousin will buy her a writing journal and book of poetry readings within 2 weeks in order to help Roma in practicing her preferred relaxation strategies daily before bed.

**Objective 3: (targeting alcohol use which complicates serious medical issues)**

*Roma will maintain abstinence for the next 3 months as evidenced by bi-weekly urine screens which are collected by her probation officer*

**Interventions:**

1. Sally Rodriguez, Case Manager, will coordinate care with Substance Use Coordinator and support Roma in her use of positive coping skills to deal with cravings and manage stressors/symptoms without substance use.
2. Audrey Jenkins, Peer Specialist, will accompany Roma to scheduled appointment with hepatologist to support her follow-through as she is uncomfortable attending alone due to her past sexual use. Hepatologist will provide evaluation and treatment as necessary while also educating Roma about the dangers of continued drinking on her liver functioning.

Client Self-Directed Wellness and/or Natural Support Actions:

1. Roma to attend a minimum of 3 local AA/NA groups within two weeks to explore if 12-step program can be helpful source of support in learning positive ways to manage stressors and sleep disturbance without substance use

**Objective 4 (targeting ADL of budgeting)**

*Roma will manage her monthly budget successfully as evidenced by her paying her Transitional Housing rental fee in full by the 5th of every month each month for the next 6 months.* (“I need to learn how to stretch my money and pay my bills so I can show DCF I can keep a roof over my kids’ heads.”)

***Interventions and Action Steps***

1. Sally Rodriguez, Case Manager, will collaborate with Roma’s psychiatrist at least 1X/month. Psychiatrist provides medication evaluation and monitoring for purpose of identifying possible medications to address Roma’s complaints of inability to focus/disorganized thinking during periods of depression.
2. Sally Rodriguez, Case Manager, will refer Roma to financial skill-building group within 2 weeks and speak with coach twice a month for the next 6 months in order to build Roma’s independence in managing her personal budget, e.g., providing instruction re: the process of writing checks and tracking balances in her check register.

Client Self-Directed Wellness and/or Natural Support Actions:

1. Within 1 week, Roma will identify any preferred priorities she has for limited “spending” money (e.g., art and painting supplies) so that she and her cousin can accurately report income to Wellness Coach assisting with budgeting skills.
2. Within 2 weeks, Roma’s cousin has agreed to help her outline and bring in records of her bills in order to assist Roma and Wellness Coach in creating a budget to cover all expenses with available income.