

Your Life and Recovery Journey Workbook

Angela Louie, MSc
Rehabilitation & Recovery
Coordinator
Mental Health &
Substance Use
Fraser Health

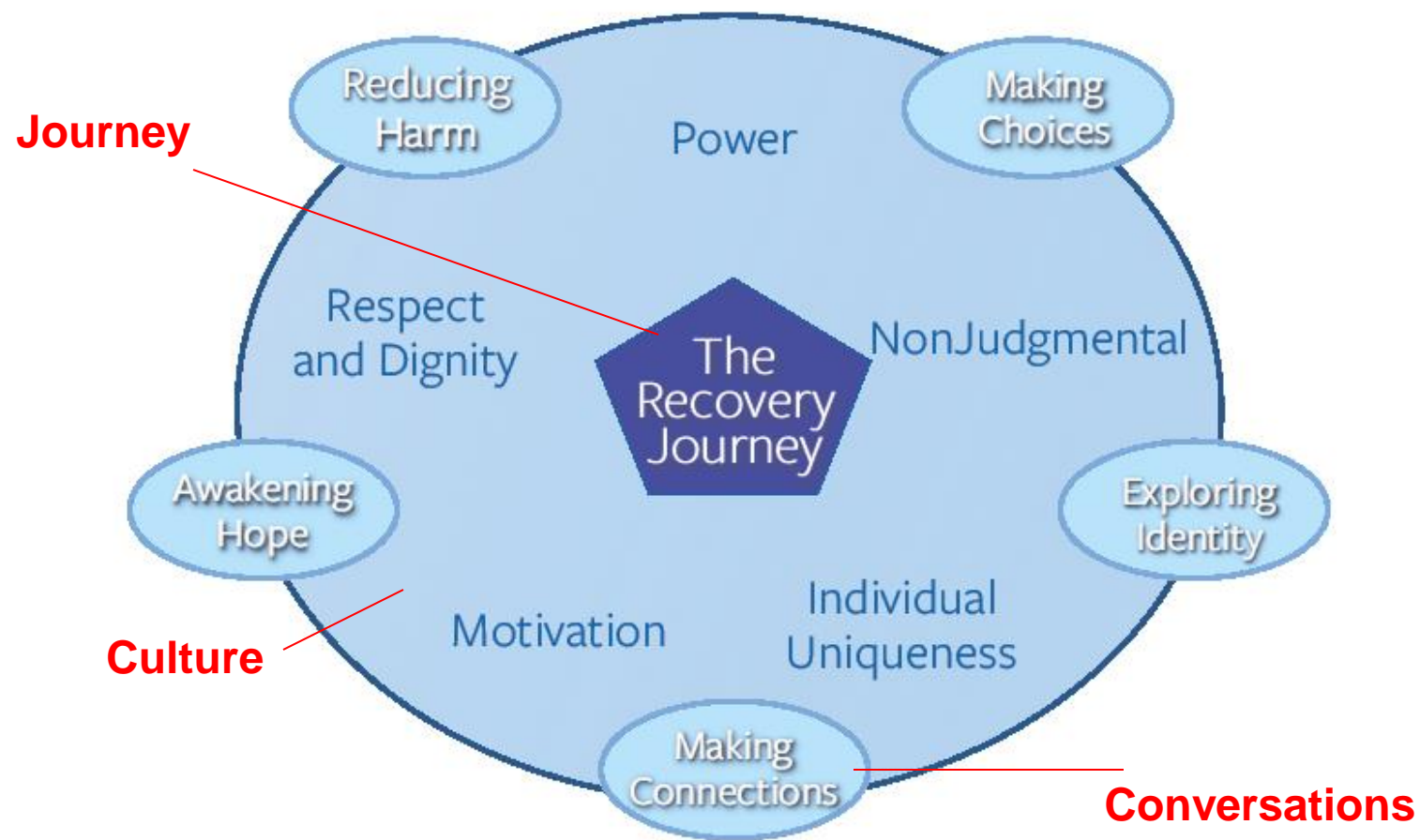


Welcome and Intentions

To give an
overview of the
Your Life and
Recovery Journey
workbook

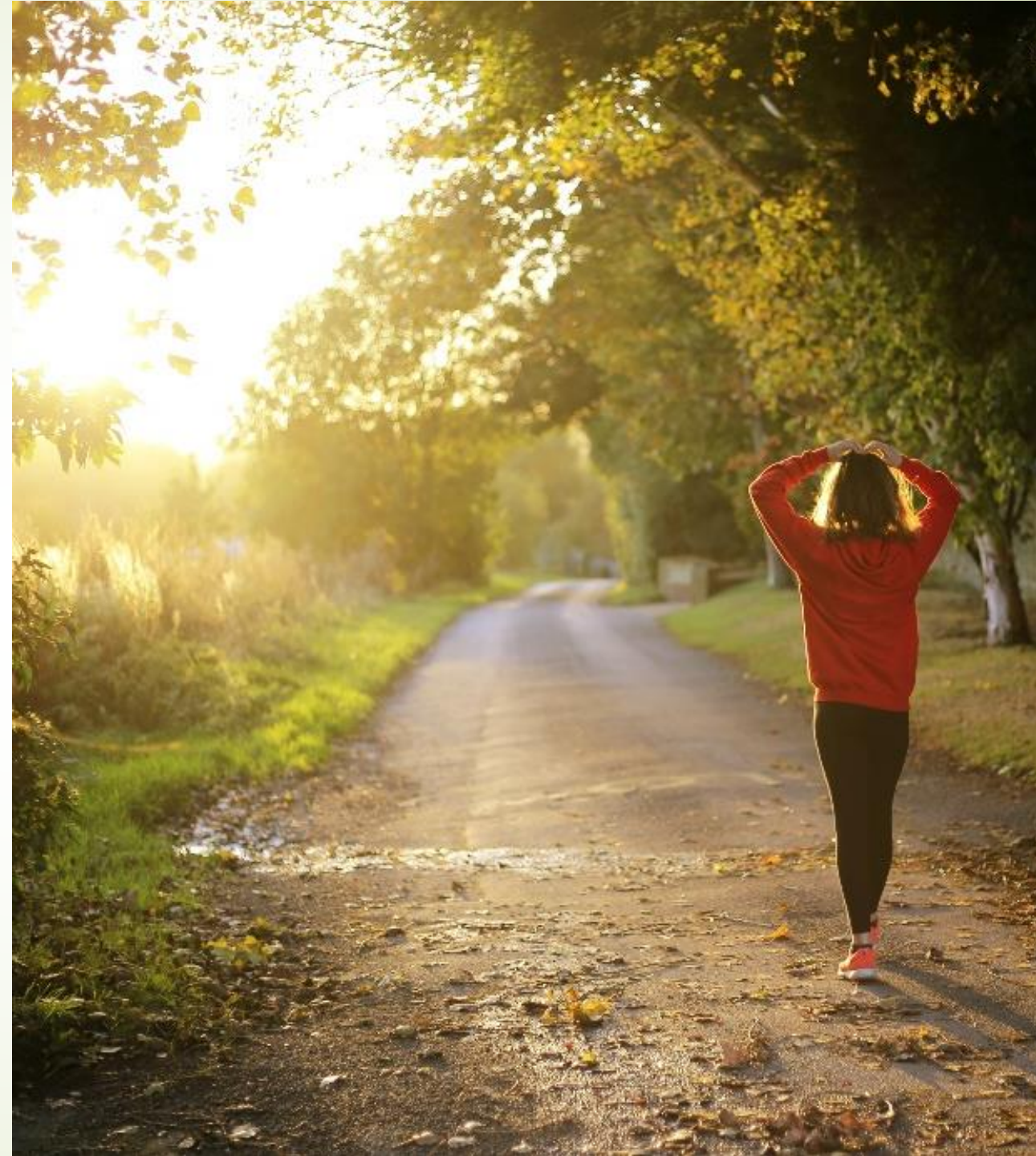
To share
experiences of the
workbook and staff
training within
Fraser Health

Recovery Centred Clinical System



Your Life and Recovery Journey Workbook

- Accessible
- Empowers self-management
- Increases clinician capacity
- Based on Recovery Centred Clinical System (RCCS)
- Companion video
- <https://peersupportcsc.com/service/life-recovery-journey-workbook-groups/>
- <https://patienteduc.fraserhealth.ca/permalink/784467>






Your Life as a Walk in the Forest



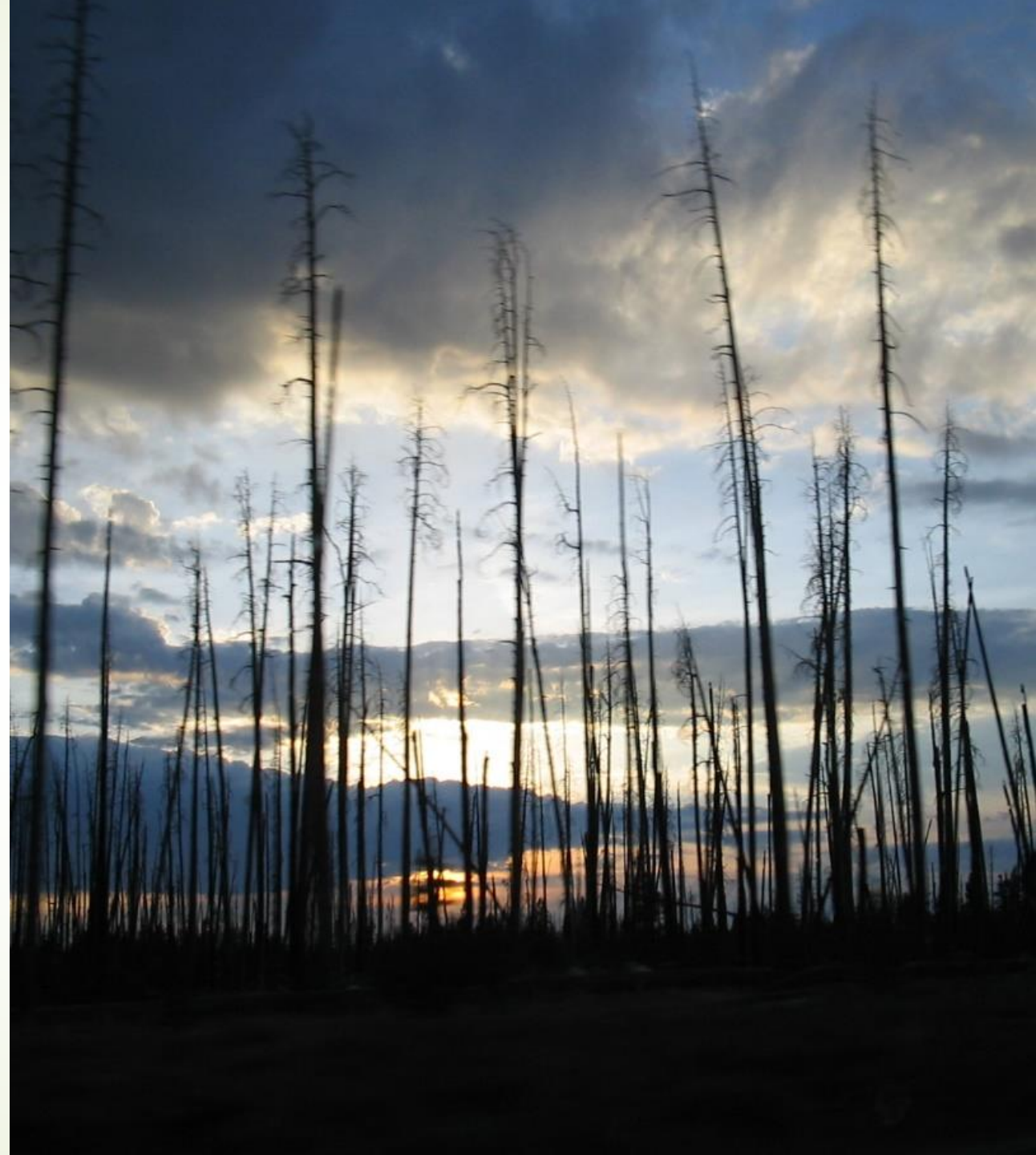


A Significant Life Event





Impact of a Significant Life Event





Recovery After a Significant Life Event





Your Resilience





Your Supports



Taking Stock of Your Quality of Life

Quality of Life Scale

The following questions ask how you feel about your quality of life, health, or other areas of your life. Read each question along with the response options. Please circle the number below the response option that best describes your experience in the past **two weeks**. If you are unsure about which response option to select, the first response you think of is often the best one.

	Very poor	Poor	Neither poor nor good	Good	Very good
1. How would you rate your quality of life?	1	2	3	4	5

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
2. How satisfied are you with your health?	1	2	3	4	5

	An extreme amount	Very much	A moderate amount	A little	Not at all
3. To what extent do you feel that physical pain prevents you from doing what you need to do?	1	2	3	4	5
4. How much do you need any medical treatment to function in your daily life?	1	2	3	4	5

	Not at all	A little	A moderate amount	Very much	An extreme amount
5. How much do you enjoy life?	1	2	3	4	5



The Importance of Hopes and Dreams



Awakening Hopes and Dreams



Exploring Your Hopes and Dreams – Your Best Place to Live




Exploring Your Hopes and Dreams – Your Community

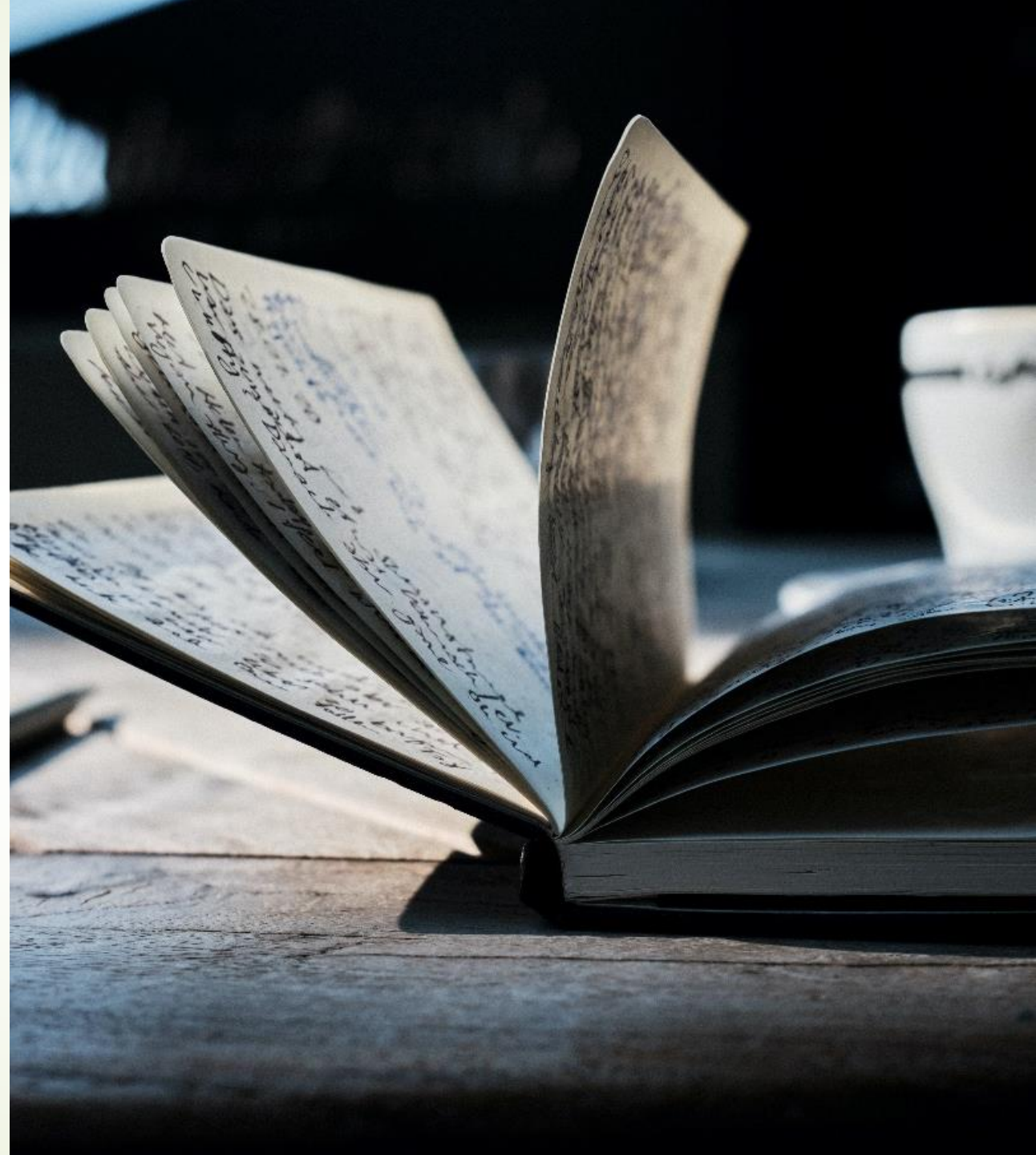


Exploring Your Hopes and Dreams – Your Connections






Exploring Your Hopes and Dreams – Your Wellness





Your Compass – Your Values





Your Identity
Now, Your
Desired
Identity,
Expressing
Identity



Your Life or Recovery Plan

My Recovery Plan Worksheet

My 3 guiding values: _____

My hopes and dreams:

The ways things are
now— my life now


Starts—things would
get better if I could
start...

Stops—things would
get better if I could
stop...

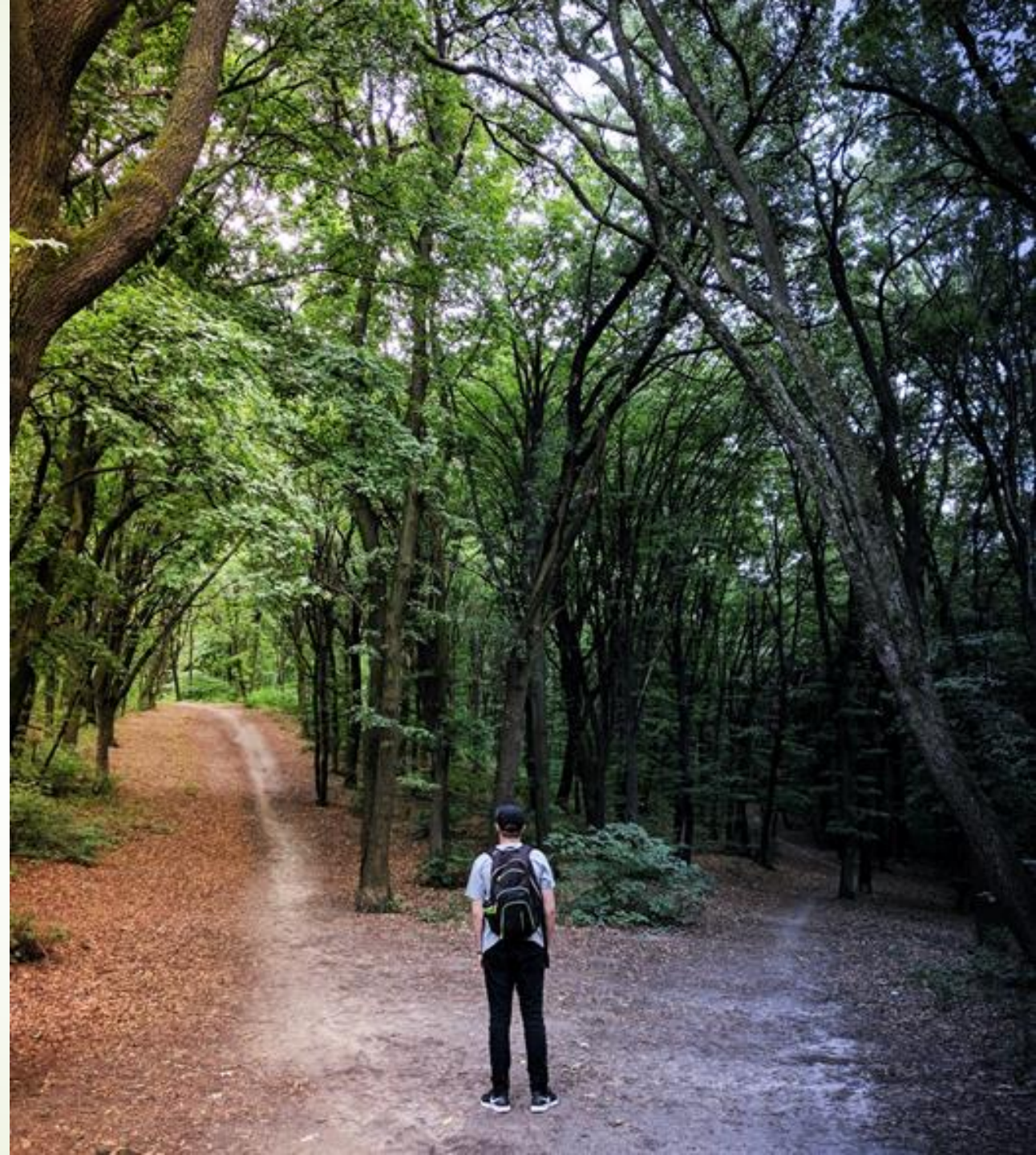
A step closer—choose
something you can
easily tell when you've
achieved.

I will—steps I'm willing to take and do to actively move
toward my hopes and dreams

Others will—things others can do to help me move
toward my hopes and dreams. List who these people are

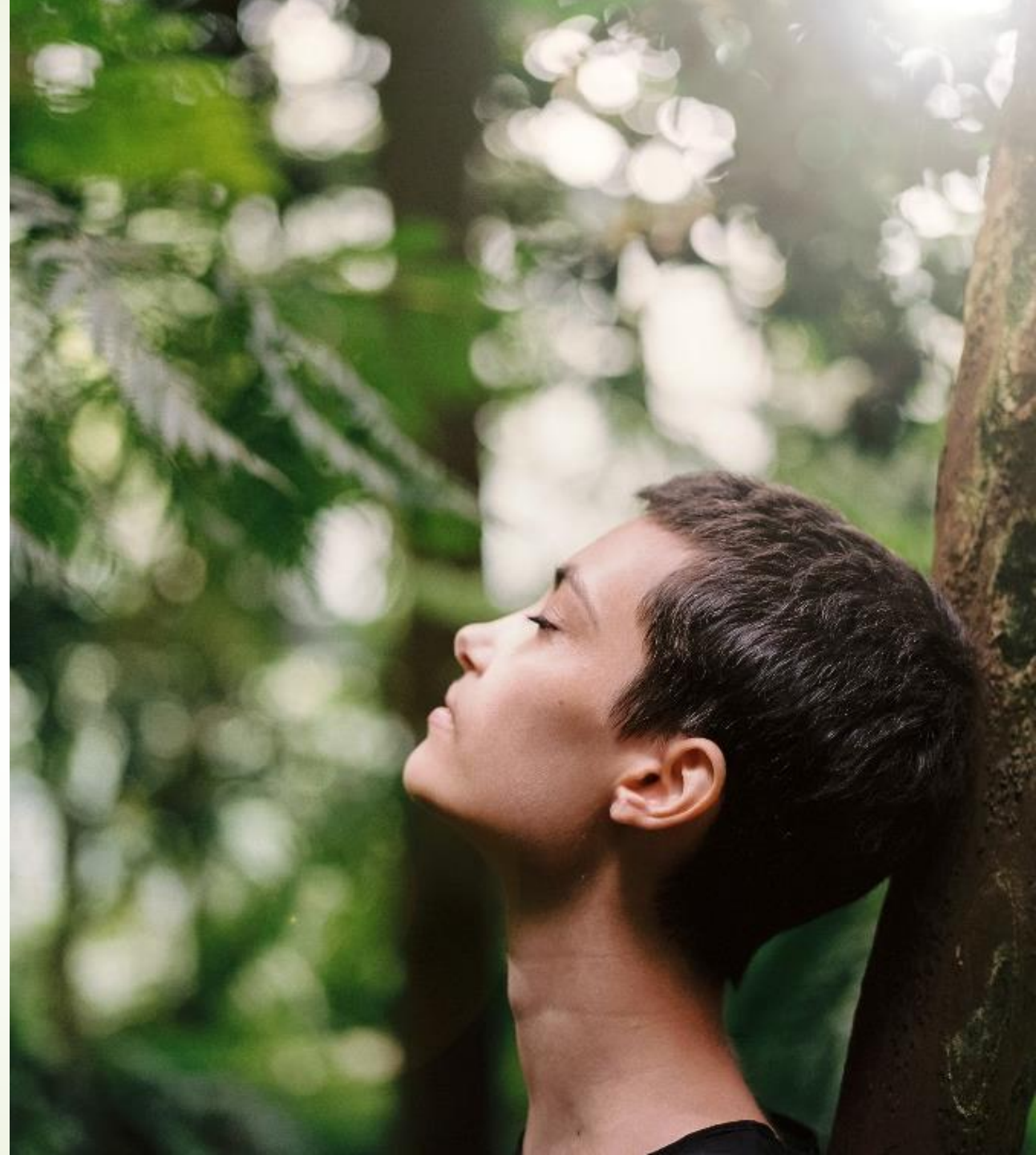


Finding Your Way

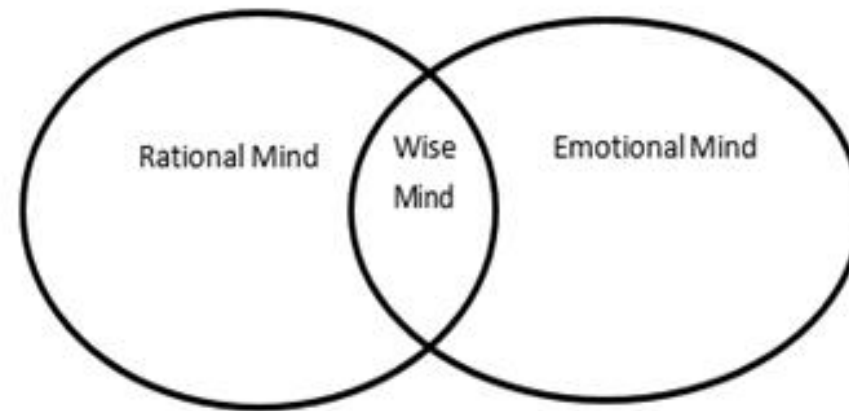




Stop,
Breathe,
Think



Wise Mind



Wise Mind

► <https://www.youtube.com/watch?v=-uOGRaTaVv4>

S.O.A.R.

S.O.A.R. Choice Making Worksheet

Situation—What is the situation?

Outcomes—what do you want the result to be?

Options—what options do you have?

Option	Pros	Cons

Action—which option did you choose?

What is your plan?

What is your plan B?

Review and Learn—Do this soon after taking action

What happened?

Did you get what you want? Y e s N o

What went well?

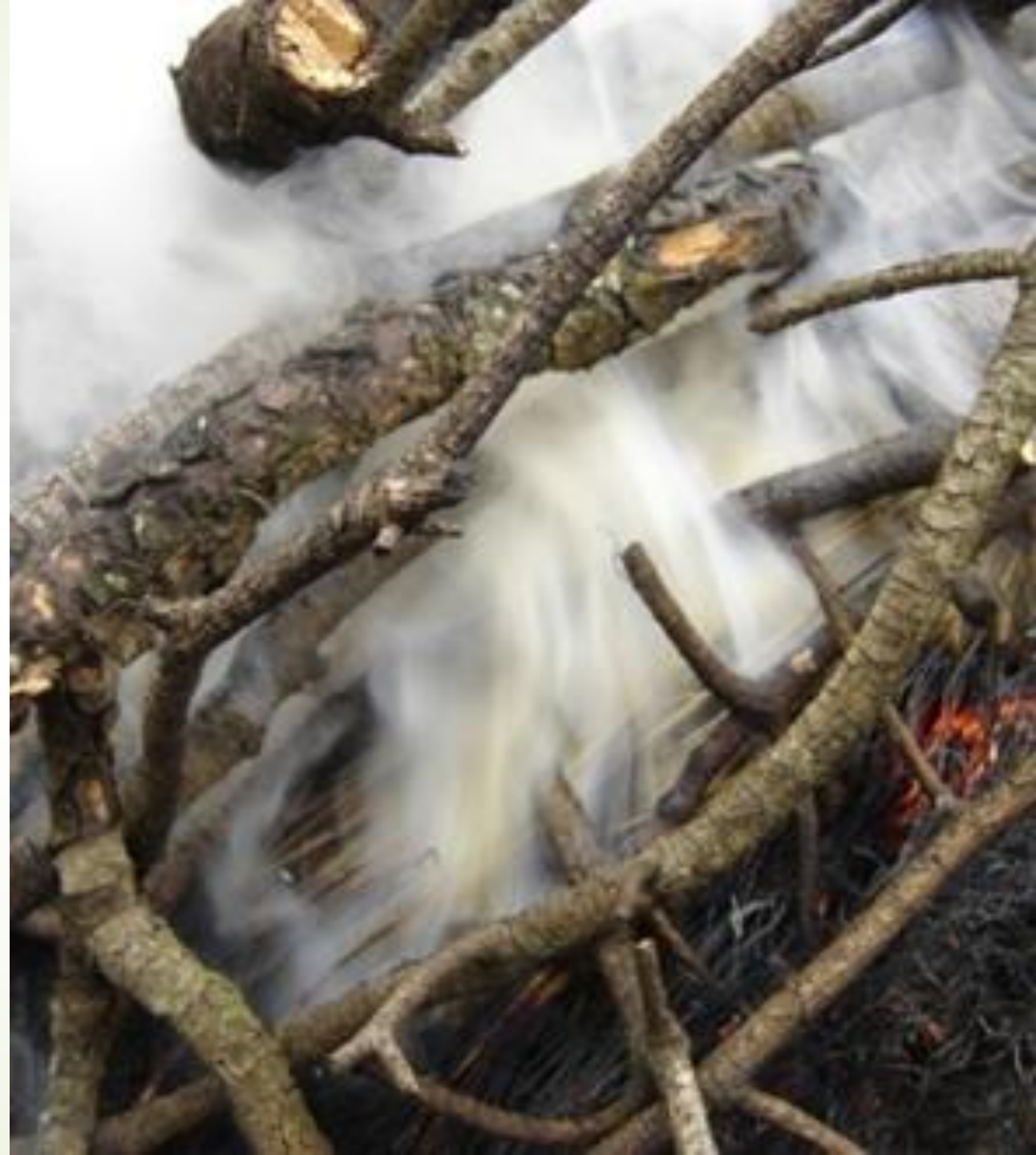


Choice and Control





Crisis Plan





Piloting in Fraser Health



Busy community mental
health site

Leadership/team
coordinator support

Developed YLRJ workbook
and staff training

- Sharing Life Experience in Your Work Role
- YLRJ for Staff
- YLRJ Facilitator Training

Material presented from a
life experience
perspective

Pilot staff cohort

Pilot client groups

Workbook
available/accessible to
clients

Staff Trainings

3 Recovery-oriented
workshops

Sharing Life Experience in Your Work Role

- Builds skills to share personal experiences in safe, ethical and intentional ways
- Applies to all staff
- Stand-alone workshop

Your Life and Recovery Journey for Staff

- Personalizes recovery
- Orients to material
- Stand alone workshop

Your Life and Recovery Journey Facilitator Training

- Facilitate using a personal life experience approach
- Basic group dynamics
- Pre-requisites:
 - Sharing Life Experience in Your Work Role
 - Your Life and Recovery Journey for Staff

Initial Feedback

- Material has impact for personal reflection for staff
- Clients appreciate hearing personal examples from staff
 - More human
 - More relatable
- Allow time for processing



Questions?

