

To plant a garden is to believe in tomorrow.

Audrey Hepburn

Short-term objectives provide much-needed fuel for the person's efforts as they organize what can feel like an overwhelming journey into a series of smaller, manageable steps all the while sending the hopeful message that we all believe things can, and **will**, change for the better and **soon!**

Person Centered Care Planning

Passion to Purpose, Progress to Practice

Plan: The Person Centred Care Planning (PCCP) philosophy and process ultimately informs the co-creation of the formal recovery plan itself. The person centered plan can be thought of as a written agreement between a person and his/her network of supporters – an agreement that outlines a more hopeful vision for the future and how all will work together to achieve it. Content of the PCCP is expressed in person-first language and goal statements, in the person's own words, focus on the pursuit of a meaningful life in the community, not only symptom reduction or treatment compliance. Goals are then broken down into meaningful and measurable short-term objectives that help the individual to overcome any barriers which may be standing in their way. These barriers may include mental health challenges or contextual issues such as stigma and discrimination. Quality person centered care plans incorporate the person's identified strengths in the development of goals, objectives, and a diverse range of interventions – including those that go beyond traditional mental health services, e.g., peer support, holistic or culturally-specific healing practices, and self-management strategies.

Together

With the person's network of supporters

Timescale

Realistic but still challenging



Steps

Diverse range of interventions in bite size chunks



Hopeful Future

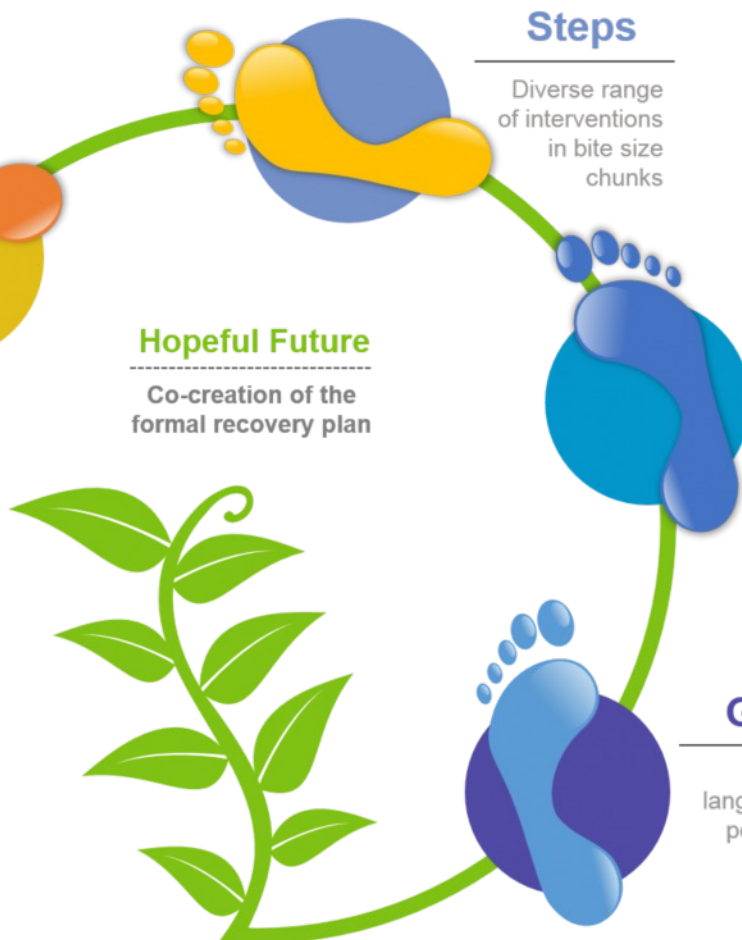
Co-creation of the formal recovery plan

Objectives

Meaningful and measurable short term objectives

Goals

Person first language in the person's own words



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