

Intentional Recovery Planning: Creating Space for the Unique Journey

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What is Intentional Recovery Planning?

- **Intentional Recovery Planning combines Shery Mead's Intentional Peer Support with Person-centered Planning**
- **It is a curriculum for people in psychiatric hospitals to help plan their recoveries**
- **It uses the concept of Team Learning**

Intentional Peer Support

(Mead, 2005)

- **A curriculum about mutual peer support**
- **Learning Communities**
- **Looks at the uniqueness of peer relationships**
- **Helps us learn how we ‘know what we know’ - worldviews**
- **Teaches how to listen differently**
- **How to develop peer relationships that are intentionally mutual, sharing and respectful**

Person-centered Planning

- **A decision-making tool**
- **Increases the person's quality of life by developing a plan to support hopes, dreams, and passions**
- **Brings together a support network of invited people to take action to help the person reach her/his hopes, dreams and passions and avoid nightmares**

World Views

World views are an individual's highly personal way of looking at almost everything about life, the world and human beings.

They influence:

- how we believe
- what we think and believe
- actions with and toward others
- colors how we interpret experiences

Helping Each Other Learn

- **Learning in community**
- **Learning about being ‘peer’**
- **Learning how to think about learning**
 - **Recovery**
 - **Helping**

Exercise

Being Peer - It Sounds Easy

- **An often taken-for-granted assumption is that peers instinctively know how to help other peers – after all, we’ve ‘been there’**
- **Unless we know how to have an intentional mutual relationship and share power, we may end up accidentally harming**
- **Subtle harm of dismissing someone else’s worldview**

Sanctuary Harm

(Silver, 1986)

- **Harm that happens when someone who has already experienced trauma is traumatized in an environment that he or she expected to be safe and supportive.**
- **Peer environments are supposed to be safe. It's important that we avoid subtly harming each other.**
- **One form of harm can be limiting other peers' ways of thinking about recovery.**

Helping Each Other

- **Removes power imbalances through mutual perspectives – not better than, not less than – just different. It's de-privileging privileges.**
- **Learning to listen with 'new ears'**
- **Sharing with each other to learn and grow**
- **Deep listening – meeting the other person where they are; being willing to be impacted and changed by the person; and negotiate when feeling disconnected**
- **Helping each other takes a lot of practice to remove power imbalances – and they're everywhere!**

Helping Each Other

- **Sharing with each other to learn and grow**
 - a) in our class respect means recognizing and supporting each person as being their own best 'expert'**
 - b) opening up space to hope and dream – vulnerabilities**
 - c) sharing each other's strengths to learn and grow, see what works and how we've made it**
 - d) being transparent helps each of us discover possibilities we weren't able to see before**

Helping Each Other

- **Deep listening – meeting the other person where they are; being willing to be impacted and changed by the person; and negotiate when feeling disconnected**
 - **in our class negotiating involves collaboration and respecting different world views – rather than compromising**
 - **empowering doesn't always relate – empathy ignores different world views/ we usually empathize within our own world view**

Importance of Multiple Perspectives

- **Each person's worldviews/narratives/stories hold the sacred essence of her/his being**
- **Western thought teaches privileging positions of Truth, truth, truths over lesser Truth, truth, truths which can diminish one's world views**
- **Multiple perspectives opens possibilities for respecting everyone's highly personal world views – not better than or less than**

Learning to Identify Multiple World Views/Recovery Narratives

- Listening to others' world views
- Learning how I know what I know – how did I learn that????
- Learning to listen for my unexamined hidden assumptions – do I still feel that way?
- Opening up spaces

Can free me to pursue my hopes, dreams and passions!!!!!!

Developing the Recovery Journey

- Identifying what I want
- What will it look like when I get what I want
- What's needed to get there
 - With a little help from my friends and others who care
- How will it happen?

Moving Towards not Away From

- Opening space for self-determination, recovery and beyond, and integrating into the general community – if desired

- The chocolate cake example

- Reflect on energy level -

How do I feel when:

-I'm excited about my passions/dreams?

-I'm loosing choices or needing to control / manage or monitor?

-Others make choices for me?

A Song of Hope

- Rainbows remind us that life is an endless journey of new beginnings, of miracles, of wonder and of dreams.
- Hope is the free spirit that rides on the wings of each of these dreams.
- It tells us to believe in ourselves, to reach for our dreams, and never give up.
- Hope is a gift we give ourselves. (Flavia)