

choices in
RECOVERY

My Treatment and Recovery Log

**Helping Me to
Stay on Track**



MAKING SMOOTH TRANSITIONS

Welcome!

Use this journal to write down your treatment and medication preferences and recovery history.

- If you have any questions or think you may be experiencing a side effect, be sure to contact your doctor or your treatment team.

Having this information in one place can help you:

- Share information with your doctor and treatment team to make them aware of your wants and needs
- Make smooth transitions between care settings (example: inpatient to outpatient)
- Move forward toward recovery goals

Personal Information

This recovery journal belongs to:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

My diagnosis is: _____

Other medical conditions I have are: _____

My Treatment Team

The following are members of my treatment team who are involved in my mental health care and may need to be contacted.

Psychiatrist

PHONE _____

ADDRESS _____



Primary Care Physician

PHONE _____

ADDRESS _____

Peer Counselor

PHONE _____

ADDRESS _____

Therapist/Social Worker

PHONE _____

ADDRESS _____

Emergency Contact

PHONE _____

ADDRESS _____

RELATIONSHIP TO ME _____

Case Manager

PHONE _____

ADDRESS _____

Other

PHONE _____














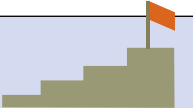
ADDRESS _____

RELATIONSHIP TO ME _____

My Recovery History

By writing down important events and milestones (accomplishments and setbacks) in your mental health history, you can provide a quick snapshot of your recovery journey to your doctor and other people in your treatment team and support network.

Below are examples of events you may want to include in your history. Feel free to add others that have been meaningful to you.

Examples	
Hospitalized 	Had a Relapse 
Started a New Medication 	Got a Job 
Started Meeting With a Therapist 	Started a Relationship 
Had Medication Side Effects 	Stopped Taking Medication 
Moved Into Independent Housing 	Joined a Support Group 
Started Peer Counseling 	Joined a Clubhouse 
Started Exercising 	Achieved a Life Goal 

My Recovery History

Event	Date	Event Details
Symptoms Started		
Initial Diagnosis		

My Recovery History CONTINUED

Event	Date	Event Details

My Recovery History CONTINUED

Event	Date	Event Details

My Medications

Current Medications	Dosage	Reason I Am Taking
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Preferred Medications (to take during crisis)	Dosage	Reason I Would Need
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Medications to Avoid *	Dosage	Reason I Don't Want to Take
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My Supportive Treatments (non-medication)

Supportive Treatments That May Help Me
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Supportive Treatments to Avoid	Reason to Avoid
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My Preferred Facilities

Below, write down the resources and facilities you prefer to use, as well as those you prefer to avoid.

Preferred Hospital

LOCATION

HOSPITAL TO AVOID

Preferred Mental Health Facility

LOCATION

FACILITY TO AVOID

Preferred Pharmacy

LOCATION

PHARMACY TO AVOID



My Support Network

Write down the people in your life (friends, significant other, family, etc.) who may be helpful in times of crisis and transition.

Name

PHONE

ADDRESS

RELATIONSHIP TO ME

Name

PHONE

ADDRESS

RELATIONSHIP TO ME

Name

PHONE

ADDRESS

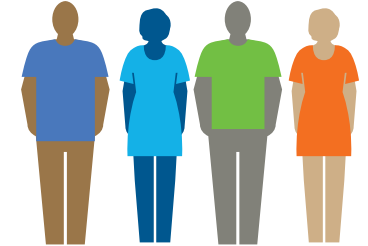
RELATIONSHIP TO ME

Name

PHONE

ADDRESS

RELATIONSHIP TO ME



Name

PHONE

ADDRESS

RELATIONSHIP TO ME

Name

PHONE

ADDRESS

RELATIONSHIP TO ME

Name

PHONE

ADDRESS

RELATIONSHIP TO ME

My Life Goals



Short-Term Goals

Possible Goal

Steps I can take to reach it

Possible Goal

Steps I can take to reach it

Possible Goal

Steps I can take to reach it

My Life Goals



Long-Term Goals

Possible Goal

Steps I can take to reach it

Possible Goal

Steps I can take to reach it

Possible Goal

Steps I can take to reach it

Things That Help Me Stay Healthy

For example:

Exercise
Seeing friends

Listening to music
Taking my medication

DAILY

1.

2.

3.

4.

WEEKLY

1.

2.

3.

4.

MONTHLY

1.

2.

3.

ONCE IN A WHILE

1.

2.

3.

Early Signs I May Be Having a Difficult Time With My Condition

For example:

Not sleeping
Not getting outside

Not taking medication regularly
Becoming more irritable

1.

2.

3.

4.

5.

6.

7.

8.

9.

What I Will Do to Get Help

1.

2.

3.

4.

5.

Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique. By making a personalized, inclusive plan for managing a mental health condition, a person has the best chance of living a meaningful life.

Recovery Journey Strategies for Success

- If you are leaving inpatient care, ask the discharge planner to schedule a doctor's appointment for you once you are out of the hospital. Don't forget to attend!
- Connect with members of your support network who can help you during transitions.
- Make sure you have services in place, including a safe and comfortable home.
- Talk to your treatment team about questions or concerns you might have about your medication, and if helpful, ask for tips to help remember to take it.
- Think about your goals and how taking medication might help you to reach them.
- Take your medication regularly, as prescribed by your doctor.