Shropshire Recovery Tool (SRT) Engagement Recovery Manager | Specialist Worker (YP / Family) Engagement This stage represents the Cycle RESILIENCE and ability to maintain changes made. This stage represents the Clients possess the skills to ACTION and motivation to continue to identify and change. The client is clear address areas of change, about goals, plans etc and should they arise in the knows what actions needs to future. The client is secure in be implemented. The client is their own ability to cope and taking action, mostly on their they need minimal support, if own (some support). The they are supported this would client has a comprehensive be from a recovery network, plan that addresses issues rather than a "treatment" (relevant to the sections ie service. Expresses overall This stage represents the substance use) and they are feelings of security with their motivation and ability to This stage represents the carrying them out. They make **DECIDE** to change. Client may stage in the recovery process. ACKNOWLEDGEMENT that good choices, the majority of there is an issue and that need support to make and Reluctance the time. · Explore Opportunities for identify changes but they are change needs to happen. The Social & Vocational Activities trying. The start of developing client may want change to This stage represents the Facilitating Self Help Refer on or offer CBT for happen but they require goals and plans. A structured RELUCTANCE to investigate, Mental Health Co-Morbidity, Facilitating Mutual Aid support and suggestions from approach to cognitive and address or acknowledge there Facilitating Cognitive Specialist Counselling, others to enable change. behavioural change. is an issue. The dient may Behavioural Approaches / Self Psychodynamic, Familty feel powerless and despite Help for Mild Anxiety / Therapy identifying there is an issue, Depression Mutal Aid · Structured Recovery Planning · Involving Others in they may not see how they can Structured Contingency · Health Management Treatment Introduction to Contingency change/address it. DR Management / Cognitive · Helping others to change coversely they might not WANT · Working with Networks Management / Cognitive Behavioural Approaches · Recovery Capital Behavioural Approaches to address it. · Working with Common · Structuring time Accessing Community Mental Health Problems · Structuring & Focussing Health Management Resources Motivational Interviewing · Working with Ambivalence Accessing leisure facilities · Recovery Coaching (co-· Brief Cognitive Behavioural Journal's . Low Threshold Groups · Recovery Coaching Approaches / Brief acting) · (co-acting) Interventions Accessing Leisure Facilities Advocacy • Future Plans & Support Advice & Education · Recovery Capital Crisis Management Foundations Building and maintaining a therapeutic relationship, delivering harm reduction, motivational inteniewing, reviewing goals and opportunistic

interventions