



Recovery Roadmap

Tip: Intervention/Action Steps

Interventions are action steps taken by staff, family, peers, other natural supports, and the person his or herself.

Professional interventions, or services, should be targeted toward the completion of plan objectives and documented in a way to support the medical necessity of care provided (see box).

As with all aspects of the person-centered plan, interventions respect recovery, choice and cultural preferences and should take into consideration the individual's stage of change.

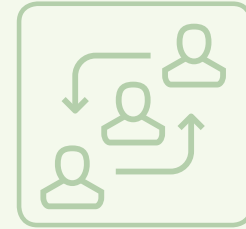
Actions steps do not need to meet this level of specificity if they are natural supporter and/or self-directed interventions so long as enough information is included to know what each person has committed to.

TYPES OF INTERVENTIONS

Within the person-centered planning process, the team should explore a wide range of both professional services and alternative strategies to support recovery.

SOME EXAMPLES INCLUDE:

- Professional clinical interventions such as psychotherapy, medication, and skill building
- Self-help and peer-support
- Exercise and nutrition guidance
- Daily activities to maintain wellness and manage distressing symptoms (WRAP)
- Spiritual or cultural practices/affiliations
- Homeopathic and naturopathic remedies
- Involvement in community activities and relationships



CRITICAL ELEMENTS OF A WELL-WRITTEN BILLABLE INTERVENTION*

- ✓ **WHO:** Provider name and discipline (Jane Roe, LCSW)
- ✓ **WHAT:** Modality, i.e., what is the name of the billable service, e.g., Cognitive Behavioral Therapy
- ✓ **WHEN:** Frequency (how often) /intensity (how many minutes) / duration (over what period of time).
- ✓ **WHY:** Purpose: individualized intent of providing this service.

**Note: While these reflect typical elements of well-written interventions, note that specific documentation requirements may vary based on State regulations, funder policies, or agency expectations.*

- Supported housing, supported education, supported employment, and supported community living
- Practical assistance to address basic human needs for housing, food, work, and connection with the community
- High-fidelity evidence-based practices, e.g., Family Psychoeducation, Illness Management and Recovery, etc.

PROFESSIONAL/BILLABLE INTERVENTION EXAMPLES:

- Psychiatrist, Dr. Lee will provide Medication Management 1x per month for 30 minutes for the next 6 months for the purpose of reducing isolation and increasing comfort around others
- Rehab Specialist, Sam, will provide Individual Skill Building at least 1x/week for the next 6 months to teach community integration skills and anxiety reduction strategies to support John in returning to college

SELF-DIRECTED ACTION EXAMPLE:

- For the next 6 months, Mary will collect information from friends, family, and other sources about programs for senior citizens in her community

NATURAL SUPPORTER INTERVENTION :

- Mary's sister, Edythe, will take her to the Senior Center 1X per month to sing with the Senior Choir

TAKE HOME MESSAGE

An integrated summary is the Self-directed interventions should not simply mirror other interventions on the plan, or default to attending treatment. Rather, try to focus on the specific “value-added” tasks the person can pursue on their own, building on their strengths and interests. For example:

NOT: Joe will attend anger management classes

INSTEAD: Joe will play pick-up basketball at least 2X per week as a way to use physical activity as a stress-reduction strategy.