

My Recovery Care Plan

Document creation date: 11 Jan 2022

Date of assessment: 13 May 2021 My Name: Ms Dummy Patient
ZZTEST NHS Number: 999 991 7690

Who gets to see my plan? (to be completed by service user)

Remember 5 ways to mental health & wellbeing:

- Connect - stay in touch with family / friends
- Get active
- Take notice - be more aware of the present
- Keep learning
- Give to others

What Recovery means to me? My long term goals!
What I would like to achieve in 12 months time...

Long Term Goal 1
ITG2

What matters to me

Summary of Data Change (*):
(Please provide any relevant supporting information as applicable e.g. Client/Patient ID, Type12 Note ID, NNN, Ward ID)

My skills, strengths and experiences that will help me achieving my goals:

dddd

My key contacts (to be completed by service user)

Care Coordinator:

Phone Number:

My emergency contacts:
0254510 6510651 -
My local crisis line number is 2

Goals and Actions

Date of assessment: 13 May 2021
ZZTEST

My Name: Ms Dummy Patient
NHS Number: 999 991 7690

Mental health goals and actions

Physical health goals and actions

Job situation goals and actions

dlfjlsldfjaldjf

Accommodation goals and actions

Leisure activity goals and actions

Attend a yoga group before next session.
Apply for PHB for new laptop with Community Connector.
Complete London Marathon in under 2 hours.

Relationship with partner / family goals and actions

Friendship goals and actions

Personal safety goals and actions

Finance goals and actions

Identity goals and actions

Substance / alcohol use goals and actions

Medication goals and actions

Practical help goals and actions

Meetings with mental health professionals goals and actions

My Safety Plan

I agree this is my Advance Directive

Date of plan: 28 Apr 2021

My Name: Ms Dummy Patient ZZTEST
Number: 999 991 7690

NHS

Triggers

Today's call with Emma isn't the trigger return

two returns

Triggers action plan

Today's call with Emma isn't the trigger, action plan

How do I know when things are getting worse? (early warning signs)

copied from word

4.2 The full synchronisation is approximately 27 data items. The length of time this will take is dependant on the number of items out of synchronisation. Many are syntax errors such as a dot or address lines not being consistent. Effective dates will need to be synchronised. For those migrating from version 4 to 5, the user will be asked to search for the address even though they may match as this allocates the PATH key and synchronises CAPSCAN –the post code tool in RiO. Child health will have the largest impact particularly when generating immunisation letters as the address and GP practice will be batch synchronised against PDS. Trusts should plan this into their early months of deployment and consider if extra resources might be made available to support child health teams.

When things are getting worse action plan

To talk to staff on the ward and address this in my KWS 2
To have sleep routine
Anger management skills
Use the sensory room

When things have got worse (e.g. in crisis, feeling unsafe)

When things have got worse action plan

To speak to my primary nurse 2
To address this in my 1:1 sessions
To talk to staff when in crisis
Sensory room

What I would like you to do for me when I am unable to make decisions for myself

What I would like you to do for me when I am unable to make decisions for myself 2

How can I best be contacted

This is how best to contact me - probably by mobile phone - even though I don't have a number recorded in RiO! 2

Who can be contacted if I can't be reached

Home number, mobile - Who can be contacted if I can't be reached? 2

My local crisis line number is

0254510 6510651 - My local crisis line number is 2

How will I know when I am out of crisis

I will feel safer and more in control. 2
My self harm behaviours will have decreased

- How will I know when I am out of crisis

Does Service User agree to this plan? - No