Introduction to Transformational Care Planning (TCP): Extras
Tools & Tips Included

• Strengths-Based Assessment Questions
• Recovery Planning Conversations
• Resources & Links
Here are some tools towards being more intentional and strengths-based in your assessment process…

**ASSESSMENT CONVERSATIONS**
Strengths-based Assessment

Sample questions to consider

• Personal Strengths:  e.g., What are you most proud of in your life? What is one thing you would not change about yourself?

• Interests and Activities:  e.g., If you could plan the “perfect day,” what would it look like?

• Living Environment:  e.g., What are the most important things to you when deciding where to live?

• Employment:  e.g., What would be your ideal job?

• Learning:  e.g., What kinds of things have you liked learning about in the past?

• Financial:  e.g., Would you like to be more independent with managing your finances?  If so, how do you think you could do that?
Strengths-based Assessment

Sample questions to consider

- Lifestyle and Health: e.g., Do you have any concerns about your overall health? What are those concerns? Tell me a bit about your mental health: What does a good day look like? A bad day?
- Choice-Making: e.g., What are the some of the choices that you currently make in your life? Are there choices in your life that are made for you?
- Transportation: e.g., How do you currently get around from place to place?
- Relationships and Important People: e.g., Who is the person in your life that believes in you? In what ways does this person convey this belief in you?
- Hopes and Dreams: e.g., Tell me a bit about your hopes or dreams for the future?
Strengthening Assessment
Sample questions to consider regarding culture

- How do you identify culturally/racially/ethnically/sexually/etc.? What is your culture? Where are you from?
- How long have you been living in…?
- Who do you include as family? Who do you trust?
- Does most of your family live in …? If not, where are they?
- What does your culture/family say about mental health problems? How does your family respond to you?
- What do you call your problem? What caused it?
- What is it like for you as a _________ living with mental health challenges?
- Are you a member of a faith/spiritual community now? If so, would you like the Rabbi, Priest, Pastor, Imam, Indigenous Healer, etc. involved in your team?
Here are some tools towards being more intentional and strengths-based in your planning process…

PLANNING CONVERSATIONS
## TIPS for Recovery Planning

### Conversations

<table>
<thead>
<tr>
<th>Question</th>
<th>→ → →</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you want to see different in your life? What do you want for your life?</td>
<td>→ → →</td>
<td>This becomes the — desired results</td>
</tr>
<tr>
<td>What is preventing you in accomplishing this goal tomorrow?</td>
<td>→ → →</td>
<td>These become the — obstacles</td>
</tr>
<tr>
<td>Have you had a time when things were going well?</td>
<td>→ → →</td>
<td>These become the — strengths</td>
</tr>
<tr>
<td>How would you know that you were making progress toward accomplishing your desired results?</td>
<td>→ → →</td>
<td>These become the — short-term goal(s)</td>
</tr>
<tr>
<td>What services/ supports/ resources are needed to help you accomplish these steps?</td>
<td>→ → →</td>
<td>These become the — action steps</td>
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Questions for Creating Understanding – Desired Results & Goals

• When desired results and short-term goals are stated as symptom-reduction, “getting out of the mental health system” or “taking my medication as prescribed”, ask:
  – What would the client be doing if those symptoms were reduced?
  – What would the client be doing with their life if they “got out”?
  – Why is that important to the client?

• What about the desired results & short-term goals, as stated, gives the client hope and motivation?
  – Does the goal, as it’s stated, reflect the dignity and strengths of the individual?
Questions for Creating Understanding – Short-term Goals (STG)

• Short-term goal(s) questions
  – What mental health barrier is being addressed through this STG?
  – How does this STG move the client closer to the desired result?
  – Is the STG appropriately scaled?
    • is it large enough to be a meaningful milestone and still within reach for the client to be motivating?
Questions for Creating Understanding – Action Steps & Interventions

• Action Step & Interventions questions
  – How does this action step or intervention connect to the STG?
  – Does the action step or intervention help the consumer attain the STG?
  – Do the action steps include natural supports?
  – Does the client currently need this staff intervention?
  – Do the interventions assist the client in community integration?
Some suggestions from the Wisconsin Dept of Health Services

UPDATING THE PLAN
Determining Outcomes: Recovery Plan Review

• Reassess plan at appropriate intervals

• Plan revisions
  – Have the long-term goals been reached?
  – Have the short-term goals been met? Partially met? Not met? Do they need to be updated?
  – Are the services still applicable?
  – Has anything major changed since the last review?
Determining Outcomes: Recovery Plan Review

• What if the short-term or longer term (desired results) goals have not been met?
• Does this mean the individual “failed” or the services “failed” the person”?
• Were the goals overly ambitious? Or did the individual lose motivation?
• Were providers actively helping/teaching/reminding to build skillset to ultimately reach the goals?
• Were there other circumstances or barriers that got in the way?
• How is this discussed with the individual, case manager, service providers, and recovery team?