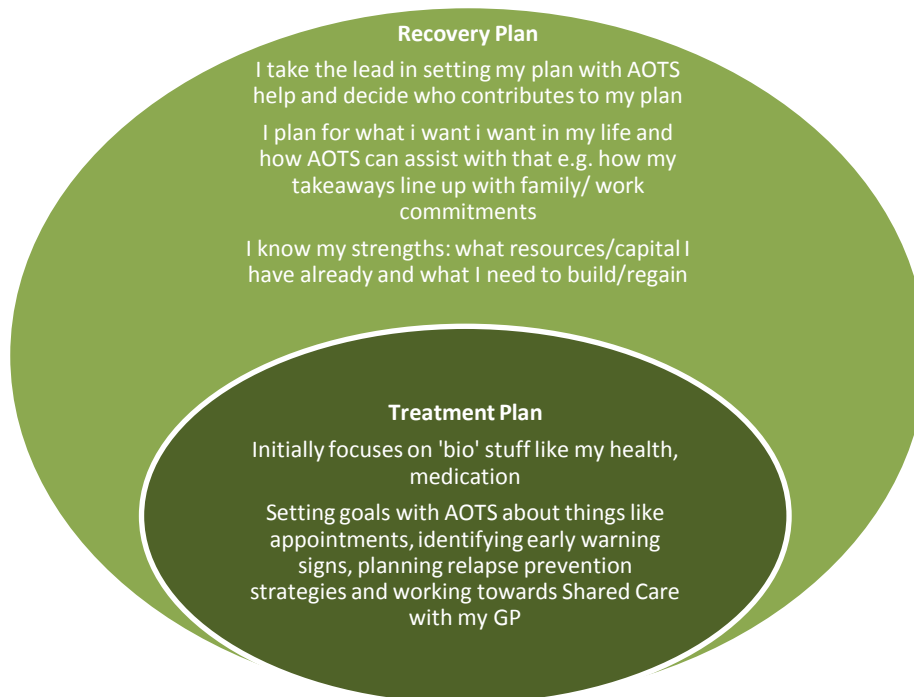# AOTS 4. Recovery and treatment planning

So what's the difference between a recovery plan and a treatment plan? Well, you may not realise it but you started your recovery plan when you made the decision to change your use of opioids – and coming to AOTS was putting that plan into action.

Some people come to AOTS wanting to stop using opioids altogether, others want to reduce their use; some want help managing their physical or emotional pain; some are tired of relationship problems/ family dramas, hassles with the police etc. We all have our own reasons for wanting to make a change – to recover from dependence on or problems with opioids and/or to recover whatever it is that we may have lost through our drug use.

Treatment can help us make that change and there is plenty of evidence – and people – to show that OST is a significant contributor to recovery. So you can think of recovery as the big picture stuff, the change we want to make in our lives – and treatment as one of the ways to get there.

Recovery Plan

I take the lead in setting my plan with AOTS help and decide who contributes to my plan

I plan for what i want i want in my life and how AOTS can assist with that e.g. how my takeaways line up with family/ work commitments

I know my strengths: what resources/capital I have already and what I need to build/regain

Treatment Plan

Initially focuses on 'bio' stuff like my health, medication

Setting goals with AOTS about things like appointments, identifying early warning signs, planning relapse prevention strategies and working towards Shared Care with my GP

If this all sounds a bit dry, think of Martin Luther King's famous speech. He didn't say "I have a plan"; he said "I have a dream". And that's what recovery planning is – putting a plan in place so you can achieve your hopes, dreams and aspirations to make your future a better one whatever that looks like for you.

It can be hard to identify our own strengths which is why having someone develop the plan with you is a good idea. Your key worker can:
- help you identify your strengths and remind you of the resources you already have; that might include some of the stuff you've learned about yourself (and other people)
- help you identify the things you want to change and the resources you want to develop
- help you plan the steps to achieve the goal/s
- provide ideas, information, advocacy and advice that can support what you want to do.

Doing ADOM (Alcohol and Drug Outcome Measure) helps people think about their lives in a wider context than just focusing on treatment and it's a good place to start thinking about what you might put in your recovery plan.

The recovery capital tool and polka dot poster can help you identify your strengths and what aspects of your life you would like to develop or strengthen. It can also help you develop a simple action plan of steps to mark progress towards those goals.

Recovery capital has three main areas: *personal resources, social resources and community resources*. Each person's recovery capital is different, because each person has different resources available to them in their lives.

To develop and build on your own recovery capital AOTS can help you:

IDENTIFY your current recovery resources

CHOOSE the resources you want to develop further

PLAN how you are going to develop the resources you have chosen.[1]

Feel free to ask your key worker to print you out the recovery capital (polka dot) poster and action plan if you would like a copy.

Other AOTS info sheets available

1. Opioid treatment with AOTS
2. Facts about OST meds
3. Accidental OD
4. Recovery and treatment planning
5. Clinical tests
6. OST at a community pharmacy
7. Managing your scripts
8. OST and holidays in NZ and overseas
9. Shared care: OST and your GP
10. Coming off OST
11. Involuntary withdrawal
12. Pregnancy and OST
13. Driving and OST
14. Methadone and medication interactions
15. First aid box

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[1] Stephen Bamber 2010 www.theartoflifeitself.org

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