

POST CRISIS PLAN

How I would like to feel when I have recovered from this crisis

You may want to refer to the first section of your Wellness Recovery Action Plan--What I am Like When I am Well. This may be different from what you feel like when you are well--your perspective may have changed in this crisis.

I will know that I am "out of the crisis" and ready to use this post crisis plan when I:

Post Recovery Supporters List

I would like the following people to support me if possible during this post crisis time.

| Who | Phone number | What I need them to do |
|-----|--------------|------------------------|
|-----|--------------|------------------------|

| | | |
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Arriving at Home (if you have been hospitalized or away from home)

If you have been hospitalized, your first few hours at home are very important.

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Do you feel you will feel safe and be safe at home? ___yes ___no

If your answer is no, what will you do to insure that you will feel and be safe at home?

Things I must take care of as soon as I get home

Things I can ask someone else to do for me.

Things that can wait until I feel better

Things I need to do for myself every day while I am recovering from crisis.

Things I might need to do every day while I am recovering from this crisis.

Things and people I need to avoid while I am recovering from this crisis.

Signs that I may be beginning to feel worse--anxiety, excessive worry, overeating, sleep disturbances

Wellness tools I will use if I am starting to feel worse--star those that you must do--the others are choices

Issues to consider

What do I need to do to prevent further repercussions from this crisis--and when I will do these things.

People I need to thank.

| Person | When I will thank them | How I will thank them |
|--------|------------------------|-----------------------|
|--------|------------------------|-----------------------|

People I need to apologize to

| Person | When I will apologize | How I will apologize |
|--------|-----------------------|----------------------|
|--------|-----------------------|----------------------|

People with whom I need to make amends

| Person | When I will make amends | How I will make amends |
|--------|-------------------------|------------------------|
|--------|-------------------------|------------------------|

Medical, legal, or financial issues that need to be resolved

| Issue | How I plan to resolve this issue |
|-------|----------------------------------|
|-------|----------------------------------|

Things I need to do to prevent further loss--like canceling credit cards, getting official leave from work if it was abandoned, cutting ties with destructive friends, etc.

Timetable for Resuming Responsibilities

There is a worksheet at the end of this form that may assist you in this process.

SAMPLE

Responsibility

Plan for resuming this responsibility

ex. child care, pet care, job, cooking, household chores, etc.

Sample: Responsibility work

Steps

in three days go back to work for 2 hours a day for five days

for one week go back to work half time

for one week work 3/4 time

resume full work schedule

Responsibility _____ Who has been doing this while I was in crisis _____

While I am resuming this responsibility, I need (who) _____

to _____

Plan for resuming

Responsibility _____ Who has been doing this while I was in crisis _____

While I am resuming this responsibility, I need (who) _____

to _____

Plan for resuming

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to _____

Plan for resuming

Other issues I may want to consider

Signs that this post crisis phase is over and I can return to using my Daily Maintenance Plan as my guide to things to do for myself every day.

Changes in my Wellness Recovery Action Plan that might help prevent this such a crisis in the future.

Changes in my crisis plan that might ease my recovery.

Changes I want to make in my lifestyle or life goals.

What did I learn from this crisis? _____

Are there changes I want or need to make in my life as a result of what I have learned?

If so, when and how will I make these changes?
