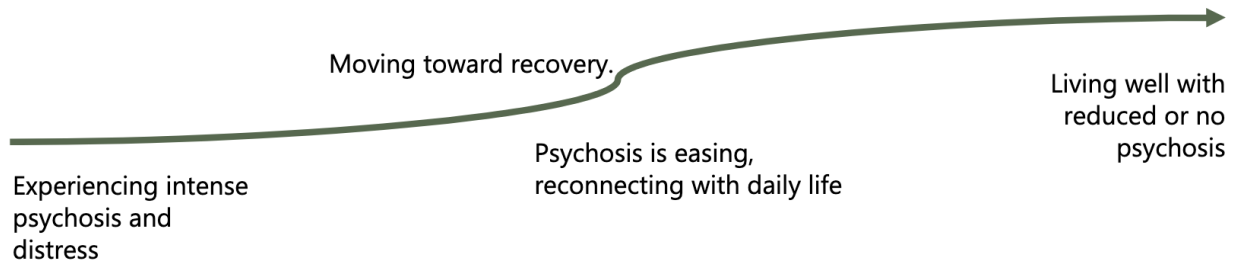




For the Diagnosed Individual: Recovery Management

Living with schizophrenia can often feel overwhelming and uncertain, and it's normal to wonder if you will ever truly recover. With the right combination of treatment, support and patience, recovery **is** possible. These worksheets are designed to help you explore this recovery journey; your loved ones also can help you on this important journey.

The graphic below can help you reflect on where you may be at any given time in your journey to recovery, and to help you identify the support that may help the most.





Your Recovery Team

Part 1 of the “I’m Diagnosed. Now What?” toolkit describes on page 8 what your recovery team could look like. Take a moment to reflect on who is on your recovery team:

Medication management

Who prescribes my medication? Name:

What do I like about my medication provider? What do I wish could be better? What do I wish I could communicate better about?

How have my symptoms changed/improved since starting my medication?

Therapy

Who does talk therapy with me? Name:

How do I think the therapy is working for me? What do I wish could be better? What do I want to talk about that we haven’t already explored?

How have my symptoms changed/improved since starting therapy?



Care coordination

Who is helping to coordinate my care? Name:

Are they helping to coordinate care with all of my resources? (Therapist, Medication Prescriber, Pharmacy, General Practitioner, Disability Services, Housing, Transportation etc.) This could be a case manager or peer specialist on your recovery team – or your caregiver.

My support system

Who supports me in getting treatment? In what ways does it help me? How do I wish they could better support me?

Name:

Name:

Name:

