



COMMUNITY CONNECT RI

Recovery Journey and Self-Advocacy Guide

A practical workbook for identifying strengths, building support, preparing for conversations, and choosing your next steps.

Your journey belongs to you

Recovery is personal and may include progress, pauses, and new beginnings. Use only the pages that help. Keep this workbook private and share it only by choice.

PLAN YOUR WORK. WORK YOUR PLAN.

Prepared September 2026

A guide you can use your way

This workbook supports reflection and communication. It is educational and nonclinical; it does not replace treatment, legal advice, or crisis care.

Start where you are

Choose one page or one question. You do not need to finish everything at once.

Use your own words

There is no perfect definition of recovery. Write what safety, wellness, stability, and hope mean to you.

Bring support if helpful

A trusted person, peer, advocate, or provider can help you prepare - while you keep control of your choices.

Protect your privacy

Avoid writing full ID numbers, passwords, or information you do not want others to see.

TODAY I WANT THIS GUIDE TO HELP ME WITH

- ☐ Understanding what recovery means to me
- ☐ Preparing for a meeting or appointment
- ☐ Asking for information, choices, or support
- ☐ Making a plan for the next 30, 60, and 90 days

What recovery means to me

Recovery can include health, connection, housing, purpose, safety, independence, or something else. Define it for yourself.

WHEN LIFE IS GOING BETTER, WHAT IS DIFFERENT

My words

WHAT MATTERS MOST TO ME RIGHT NOW

- | | | | |
|---------------------------------------|-------------------------------------|----------------------------------|---------------------------------------|
| ☐ Safety | ☐ Health | ☐ Family | ☐ Belonging |
| ☐ Independence | ☐ Stability | ☐ Purpose | ☐ Spirituality |
| ☐ Learning | ☐ Creativity | ☐ Service | ☐ Other: |

ONE SENTENCE I WANT TO REMEMBER

My recovery means

A helpful reminder

You may change your goals as you learn more about what works for you. Changing a plan is not the same as giving up.

Four dimensions of recovery

SAMHSA describes recovery through four broad dimensions: Health, Home, Purpose, and Community. Use them as a check-in, not a scorecard.

HEALTH

Choices that support physical and emotional well-being.

How supported does this feel today?

1 2 3 4 5

One next step _____

HOME

A stable and safe place to live.

How supported does this feel today?

1 2 3 4 5

One next step _____

PURPOSE

Meaningful daily activities, income, learning, creativity, or service.

How supported does this feel today?

1 2 3 4 5

One next step _____

COMMUNITY

Relationships and networks that provide friendship, love, hope, and support.

How supported does this feel today?

1 2 3 4 5

One next step _____

Circle 1 for very little support and 5 for strong support. A low number is information - not failure.

Strengths and resources I can build on

Recovery capital means the personal, social, practical, and community resources that support change. Notice what already exists and what you want to strengthen.

Personal strengths

- ☐ I keep going
- ☐ I ask questions
- ☐ I solve problems
- ☐ I know what helps me

Another strength or resource _____

People and relationships

- ☐ Trusted friend or family
- ☐ Peer support
- ☐ Provider or advocate
- ☐ Faith or cultural community

Another strength or resource _____

Practical resources

- ☐ Safe place to stay
- ☐ Transportation
- ☐ Phone or internet
- ☐ Income or benefits

Another strength or resource _____

Community resources

- ☐ Support group
- ☐ Recovery center
- ☐ Health care
- ☐ Education or employment support

Another strength or resource _____

A STRENGTH SOMEONE ELSE SEES IN ME

Build my support map

Different people can offer different kinds of help. A support person does not have to do everything.

Everyday encouragement

Who listens, checks in, or helps me feel less alone?

Name or program _____

How to reach them _____

Practical help

Who can help with rides, forms, meals, housing, or childcare?

Name or program _____

How to reach them _____

Peer support

Who has lived experience and can support hope and choices?

Name or program _____

How to reach them _____

Professional support

Who helps with health, treatment, benefits, legal, or housing needs?

Name or program _____

How to reach them _____

Urgent support

Who or what can I contact when I feel unsafe or overwhelmed?

Name or program _____

How to reach them _____

Ask before listing someone as support

A simple conversation can clarify what they can offer, when they are available, and what to do if they cannot respond.

Turn one priority into a workable step

Choose a step small enough to begin and specific enough to know when it is done.

MY PRIORITY

What I want to improve, protect, or learn

My next action

What exactly will I do?

Timing

When will I start or finish?

Support

Who or what could make this easier?

Possible barrier

What might get in the way?

Backup plan

If the first plan does not work, what will I try next?

Progress can be small

Examples: make one call, write two questions, attend one meeting, place one document in a folder, or ask one person for help.

Before an appointment or meeting

Use this page for health care, treatment, housing, benefits, employment, court, supervision, or any important conversation.
Date, time, and location

Person or agency

Purpose of the meeting

THE THREE THINGS I MOST WANT TO DISCUSS

1

2

3

INFORMATION TO BRING OR CONFIRM

- ☐ Notice, referral, or appointment letter
- ☐ Questions and recent changes
- ☐ Requested documents - copies if accepted
- ☐ Names and contact information for support people
- ☐ A way to take notes or request written instructions

BEFORE I LEAVE, I WANT TO KNOW

- ☐ What happens next?
- ☐ Who is responsible?
- ☐ When should I follow up?
- ☐ How will I receive the decision or instructions?

Self-advocacy scripts

Use, change, or combine these phrases. Calm and direct language can help keep the conversation focused.

Understanding

Please explain that in plain language. Could you write down the next steps?

Choices

What options are available? What are the benefits, risks, and other choices?

Preference

What matters most to me is _____. I would like that included in the plan.

Boundary

I am not comfortable with that. I need more information or time before I decide.

Support

I would like my support person or advocate included in this conversation.

Records

I would like a copy of this notice, plan, or record. How do I request it?

Correction

I believe this information is inaccurate. How can I request a correction or add my statement?

Review

If I disagree with this decision, what is the review, complaint, or appeal process?

A SENTENCE I WANT TO PRACTICE

Keep track of records and decisions

Federal HIPAA rules generally give people rights over health information held by covered providers and plans, including access to copies and requests to correct information. Other records may follow different rules.

Use the correct process

Ask the organization how to request, correct, share, appeal, or complain about its records or decisions. Deadlines and rules vary. Keep copies of anything you send.

REQUEST AND RESPONSE TRACKER

Date	Person / agency	What I requested	Response / follow-up

BEFORE SHARING INFORMATION

- ☐ What information is being requested?
- ☐ Why is it needed?
- ☐ Who will receive it?
- ☐ How long will permission last?
- ☐ Can I limit or revoke permission?

This page is general education, not legal advice. For a specific right, deadline, or dispute, ask the agency, a qualified advocate, or an attorney.

When the plan gets hard

Noticing changes early can make it easier to ask for help. This is a personal support plan, not a substitute for professional crisis or safety planning.

SIGNS I MAY NEED MORE SUPPORT

- ☐ Sleep, appetite, energy, or mood changes
- ☐ Missing appointments or daily responsibilities
- ☐ Pulling away from people or routines
- ☐ Feeling unsafe, overwhelmed, or unable to cope
- ☐ Other sign I recognize:

STEPS THAT MAY HELP ME PAUSE AND RECONNECT

- ☐ Move to a safer or calmer place
- ☐ Contact a trusted person, peer, or provider
- ☐ Use a grounding, breathing, spiritual, or movement practice
- ☐ Reduce access to anything that could increase danger
- ☐ Use urgent or crisis support when needed

MY FIRST TWO CONTACTS

Name / program and number

Name / program and number

Urgent help in Rhode Island

Call or text 988 for free, confidential crisis support. BH Link offers 24/7 walk-in behavioral health triage at 975 Waterman Avenue, East Providence. Call 911 for immediate danger or a medical emergency.

30 / 60 / 90-day recovery plan

Keep the plan realistic. Review it with someone you trust if that would help. Update it when your needs or circumstances change.

NEXT 30 DAYS

One step I will begin now

Support or resource I will use

How I will notice progress

Review date

NEXT 60 DAYS

One step I want to build or practice

Support or resource I will use

How I will notice progress

Review date

NEXT 90 DAYS

One result or routine I want to strengthen

Support or resource I will use

How I will notice progress

Review date

A MESSAGE TO MY FUTURE SELF

Recovery and advocacy resources

Start with the resource that best fits the need. Availability and details can change; confirm directly with the organization.

BHDDH Recovery Services

Rhode Island peer recovery and family support information.

BHDDH Mental Health Information

Peer support information, support groups, and family resources.

988 Suicide & Crisis Lifeline

Call or text 988, 24 hours a day. Free and confidential.

BH Link

24/7 walk-in behavioral health triage at 975 Waterman Avenue, East Providence.

RI Office of the Mental Health Advocate

Rights-related information and advocacy: 401-462-2003 or 1-800-346-2282.

BHDDH Quality Assurance

Behavioral health service complaint information: 401-462-2629.

NATIONAL REFERENCES USED IN THIS GUIDE

SAMHSA: Recovery and recovery dimensions

HHS: Your rights under HIPAA and access to health information

Resource information checked September 2026. Community Connect RI provides practical education and resource navigation. It does not provide emergency response, diagnosis, treatment, or legal advice.