Access Resources/Natural Support in Comm

Address Cultural Identity Issues

Address Gender Identity/Practices Issues

Address Outstanding Financial Issues

Address Sexual Issues

Adjust to Life-Cycle Transition

Assessment of Risk

Attend Classes

Complete Physical Exam and/or Lab Work

Complete Treatment as Planned

Develop Coping Skills to Manage Issue(s)

Develop Recreational/Leisure Activities

Develop Wellness Recovery Action Plan

Develop/Follow Routine or Structure

Develop/Use Relapse Prevention Plan

Educate Parent/Guardian

Educate Spouse/Partner

Educate Support System/Family/Friends

Encourage Connection to PrimaryCare Prov

Engage with Peer Recovery Resources

Expand and Utilize Support System

Identify/Access Community Activities

Identify Alternative Behaviors

Identify Barriers

Identify Behavioral Consequences

Identify Medication Side Effects

Identify Patterns in Compulsive Behavior

Identify Personal Strengths

Identify Physical Health Care Needs

Identify Resources/Natural Support in Com

Identify Start/Root of Issue

Identify Triggers for Behavior

Identify/Obtain Health Insurance

Learn to Identify Symptoms

Learn/Practice Alternative Behaviors

Learn/Practice Communication Skills

Learn/Practice Coping Skills

Learn/Practice Goal Setting

Learn/Practice Good Nutrition

Learn/Practice Good Sleep Habits

Learn/Practice Identifying Needs

Learn/Practice Medication Adherence

Learn/Practice Pain Management

Learn/Practice Pers Daily Living Skills

Learn/Practice Problem Solving Skills

Learn/Practice Regular Exercise

Learn/Practice Relaxation Techniques

Learn/Practice Safe Sex

Learn/Practice Self-Monitoring

Learn/Practice Symptom Management

Linkage to PCP or Comm’ty Medical Clinic

Obtain Medical/Dental Exam

Obtain Medication Services

Other

Participate in Medical/Dental Treatment

Reduce Compulsive/Addictive Behavior

Reduce Frequency/Intensity of Symptoms

Reduce Hospitalization

Reduce Individual Level of Stress

Reduce Risk of Harm

Reduce Self-Injurious Behaviors

Reduce Use of Drugs Including Alcohol

Schedule/Attend Neuropsychological Eval

Understand Need for Medication