

Recovery Resiliency Wellness Plan (RRWP) Guidance Document

“Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual.” SAMHSA

The RRWP Guidance Document

The Recovery Resiliency Wellness Plan (RRWP) is a conversational framework for the Peer Recovery Specialist (PRS) or Family Support Partner (FSP) working with a member seeking recovery. The RRWP establishes a peer relationship and integrates person-centered approaches to support the implementation of goals, strategies and actions based upon the individual’s readiness for recovery services. The RRWP guidance document is a supplemental **non-mandatory** frame of reference to support utilization/implementation of the RRWP, a requirement for Medicaid claims submission. More information about Medicaid billing policies can be found here: [Peer Recovery Support Service Supplement Manual](#)

Peer Relationships Are Established Through Respect & Mutuality

Peer recovery specialist use their lived experience as a skill to connect and relate to others. It is a fundamental cornerstone of peer support services.	<u>Self-Disclosure Objectives:</u> <ul style="list-style-type: none"> • Helpful and Relevant • Not bragging • Choose your audience carefully 	<i>I am not what I have done, I am what I have overcome.</i> <i>Certain ah-ha moments have shaped my recovery.</i>
Hope is contagious through authentic belief that recovery is possible.	Hope is conceivable by sharing space with someone else who has gone through challenges, demonstrating resiliency and perspective.	<i>It is my job as a PRS to convey that you are not alone in this struggle if you do not want to be.</i>
Respect is a two-way reciprocity practice.	Focusing on the person not the illness.	<i>Mutuality-we are all connected and in this struggle together.</i>

Recovery is Not a One-Size Fits All Approach to Wellness & Healing



Peer Relationship Icebreakers

Engaging in early conversation to better understand pathways for recovery can be a starting point before launching into the Recovery Resiliency Wellness Plan.

- ❖ How do you advocate for yourself?
- ❖ What do you want your life to look like?
- ❖ What do you enjoy spending your time doing?
- ❖ What’s a recovery pathway that has worked for you before?

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How to Use the RRWP Guidance Document

The RRWP means a written set of goals, strategies, and actions to guide the member and the healthcare team to move the member toward the maximum achievable independence and autonomy in the community. Individualized goals and strategies shall be focused on the member-identified needs for self-advocacy and recovery. Utilizing SMART goals (specific, measurable, achievable, relevant, time-bound) streamlines this process and ensures that the goals are obtainable.

*Before creating a RRWP with a new member, it is imperative that a relationship is established by weaving lived experience with resiliency through recovery. Incorporating Motivational Interviewing skills guides the member through the document to develop the RRWP when peer support services are appropriate.

Peer Relationships are Established Through Trust & Mutuality

Things to Consider:

- Does this person know the role and function of a peer recovery specialist?
- Are they aware that peer services are always voluntary?
- How can I, as a PRS, demonstrate that authentic credibility springs from experiential knowledge and experiential expertise?
- Utilizing recovery language has the power to combat stigmatizing labels and negative perceptions.

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Different Recovery/Wellness Pathways:

WRAP, 8 Dimensions of Wellness, Recovery Capital, Medicated Assisted Recovery, 12-Step Fellowship, Personal Medicine, Self-Efficacy, Intentional Peer Support, Whole-Health Action Management, Faith-Based, Harm Reduction etc.

Recovery Pathways Are Highly Personalized:

- What recovery pathways do you find empowering?
- What has helped you in the past?
- What recovery pathways are you interested in discussing?
- What recovery pathways have not worked for you before?

There is No Wrong Door to Wellness:

- Every milestone is celebratory regardless of how big or small.
- Diverse experiences are assets.
- Conveying the concept that when a door closes a window opens.

Recovery is Nonlinear:

- Articulating that recovery is a marathon not a sprint.
- Advocating that recovery pathways can change and evolve over time, and so will the RRWP.
- Recovery looks different for everyone is fundamental.

Recovery Environment:

- The environmental space can provide a vital sense of belonging, supportive relationships, shared values, and community.
- Who is in your corner for support?
- How does your home environment affect your wellness?

The Power of Choice:

- PRS do not give advice but share what they have done as it relates to their lived experience, etc.
- PRS support other pathways, not just their own pathway in recovery, and are accepting of all experiences.
- Members should be supported in speaking and advocating for themselves.

Empowerment:

- Being empowered by choice to establish unique recovery goals builds on the member’s strengths and resiliency.

Principles & Values for Peer Support:

- ❖ Recovery-Oriented
- ❖ Person-Centered
- ❖ Voluntary
- ❖ Relationship-focused
- ❖ Trauma-informed

For more information about best practices in Peer Recovery Services, please reference our [DMAS SUPPORT Act Grant webpage](#)