



Clinical Goal Options & Peer Support Integration Reference Sheet

This guide supports clinicians in identifying treatment goals, functional needs, and recovery objectives appropriate for Peer Recovery Support Services. Peer support services are non-clinical, recovery-oriented services designed to help individuals strengthen wellness, independence, and personal recovery through lived experience support.

Documentation Reminder for Clinicians

For Medicaid and treatment alignment, peer support referrals should:

- Be connected to assessed behavioral health needs
- Align with the individualized treatment plan (ITP)
- Focus on functional recovery, wellness, self-advocacy, and resilience
- Reflect realistic, measurable goals where peer services can provide support

Sample Peer-Support-Friendly Treatment Goals

Examples:

- Client will increase ability to manage daily stressors using peer-supported wellness strategies.
- Client will strengthen social support systems to reduce isolation.
- Client will improve consistency with behavioral health appointments and wellness goals.
- Client will build confidence in navigating recovery resources independently.
- Client will develop practical coping tools to support emotional wellness.
- Client will improve daily structure and self-management skills.
- Client will strengthen parenting confidence while maintaining recovery goals.

Recovery & Self-Management

- Develop skills to manage symptoms of depression, anxiety, or psychosis.
- Identify early warning signs of relapse and implement a personal wellness plan.
- Engage in at least one peer support activity weekly to reinforce coping skills.

Medication Adherence & Health Integration

- Demonstrate understanding of prescribed medications and report adherence.
- Attend all medical and psychiatric appointments as scheduled.

- Develop a consistent medication and appointment routine with peer support assistance.

Daily Living & Independent Functioning

- Improve daily structure and self-care routines (sleep, meals, hygiene).
- Increase independence in managing personal responsibilities.
- Create a daily wellness routine supported by peer guidance.

Social & Community Connection

- Reduce social isolation by engaging in one community or social activity weekly.
- Improve communication and interpersonal effectiveness.
- Strengthen positive social support networks with peer encouragement.

Trauma Recovery & Emotional Regulation

- Identify emotional triggers and practice 3 new coping skills to manage distress.
- Explore past trauma in a safe and supportive therapeutic setting.
- Apply grounding and mindfulness techniques reinforced by peer support.

Purpose, Employment, or Education

- Identify personal strengths and develop a plan for returning to work or school.
- Engage in vocational or skills-building services.
- Explore purpose and meaning through goal setting with peer guidance.

Substance Use & Co-Occurring Recovery

- Identify high-risk situations and develop a relapse prevention plan.
- Maintain sobriety through participation in recovery-oriented supports.
- Attend peer-led recovery meetings or groups as part of ongoing recovery.

Spiritual & Personal Growth

- Explore spiritual or personal values that support recovery.
- Engage in practices that promote meaning and self-acceptance.
- Participate in spiritual or reflective practices with peer support encouragement.

Crisis Prevention & Safety

- Identify triggers and warning signs of crisis and create a safety plan.
- Contact supports (clinician, peer, hotline) when distress increases.
- Review and practice the safety plan with a peer supporter monthly.

Wellness & Whole Health

- Set and achieve at least two physical wellness goals (nutrition, movement, sleep).
- Identify and practice activities that reduce stress and enhance wellbeing.
- Collaborate on holistic wellness plans with peer guidance.

Family & Relationship Restoration

- Improve relationships through boundary setting and communication skills.
- Participate in family sessions to strengthen support systems.

- Rebuild healthy family connections through shared goals with peer support.

Long-Term Recovery Maintenance

- Sustain engagement in recovery supports for 6+ months.
- Maintain progress toward recovery goals and update their plan quarterly.
- Celebrate milestones and re-evaluate goals with peer assistance.

Housing & Stability

- Obtain and maintain safe, stable housing environment.
- Work with peer support to identify resources for housing and transportation.
- Develop skills to maintain housing and manage independent living.

Financial Wellness & Resource Management

- Develop a monthly budget plan with support.
- Identify and access community resources for financial stability.
- Increase ability to manage personal finances through peer-assisted planning.