



Clinical Goal Options & Peer Support Integration Reference Sheet

This reference sheet provides suggested treatment plan goals for clients with Mental Health or co-occurring substance use diagnosis to ensure that Peer Support Services are appropriately integrated into clinical plans. Clinicians may select applicable goals below, and peer supporters will align their services accordingly.

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.