Routes to Recovery
via criminal justice
Mapping user manual
The maps presented in this section can help to ensure that the care plan is holistic and client-led, and that goals set as part of the process are achievable and realistic. Reinforcing the achievement of a goal with praise and encouragement can help to build a strong therapeutic relationship, and instill optimism in the client.

More detail about the approach to care planning presented here can be found in the Routes to Recovery Manual Part 4, available at www.nta.nhs.uk
Ask the client to complete the ‘goal planner’ map by considering each of the areas listed in the first column and rating them between 1 and 10. Use the goal planner rating sheet to explain this to the client. Explain that a score of ‘1’ means that things in this area could not be any worse, whereas ‘10’ means they could not be any better.

Go through each of the areas and discuss what the score means to the client. For example, if they have rated ‘Money’ as 3, what would have to happen to make it a 5? What would happen to make it a 1? Try to get a deeper understanding of what the client means by the score.

Identify the first 3 problems to tackle in treatment. These may be the 3 areas with the lowest scores, but not always. Remember that by agreeing to tackle a ‘middle-ranking’ problem, you may have more chance of early success, thus building the client’s confidence.

Complete the care plan for each of the first 3 problem areas. Use this to develop treatment goals and time scales for tackling them.

Use a separate ‘care plan goals’ map to consider each goal in more detail. Each goal should be broken down into Specific, Measurable, Agreed-upon, Realistic and Time-limited (SMART) steps. Considering possible problems may indicate that smaller steps are required. Achieving a goal leads to increased confidence and self-esteem, and builds therapeutic alliance.
Give each area of the goal planner map a score between one and ten to show how happy you are now with this area of your life:

1 = it can’t get any worse
5 = not unhappy, but not happy either
10 = it can’t get any better

(adapted from the Happiness Scale. Copyright 1995. Used with permission from the authors, Robert Meyers, Ph.D., and Jane Ellen Smith, Ph.D.)
Care planning/Map 06
Things I would like to change

Describe what you want to change

How would life be different if it happened?

Client name: [ ]
Keyworker: [ ]
Date: ___/___/___

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10
Comments:
Map 07/Care planning
Care plan update

The problems I have → Progress I have made in tackling them → What is left to do?

Client name:                      Keyworker:                      Date: __/__/__

How useful was this map and discussion?  1  2  3  4  5  6  7  8  9  10
Comments:
Describe the goal that you didn’t achieve

What did you do?

What was going through your mind?

What were you feeling?

What have you learnt?

How will you do it differently next time?

Client name:  Keyworker:  Date: __ / __ / __
Acknowledgements
This manual was prepared by Ed Day in conjunction with Nick Shough (Birmingham & Solihull Mental Health NHS Foundation Trust). Contributions were made by Kieran Lynch and Emma Pawson (National Treatment Agency), and considerable feedback and suggestions came from members of the Eastern Region Integrated Drug Treatment Services. In particular staff from HMP Peterborough, Chelmsford System Change Pilot (HMP Chelmsford and Chelmsford DIIP team), HMP Littlehey and HMP Edmunds Hill.

We would like to thank Professor Don Dansereau and Norma Bartholomew for their generous sharing of materials that they have developed around node-link mapping, and Professor Dwayne Simpson for his leadership and support in bringing these materials to Drug treatment services in England.

A wide range of node-link mapping materials are available for free at www.ibr.tcu.edu

This manual is a development of material first produced by Texas Institute of Behavioral Research at TCU, Fort Worth (www.ibr.tcu.edu), together with new material developed at the University of Birmingham. TCU has granted the University of Birmingham permission to adapt their material for the purpose of producing and publishing this manual.

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