

# READINESS DEVELOPMENT

## Types and Designated Readiness Development Motivational Activities

### Develop Insights About:

- **Self:** Values, Preferences, Interest, Abilities, Talents, Accomplishments, etc.  
(Self Awareness Activities):
  
- **Environments:** Availability of Desirable, Affordable, Supportive, etc.  
(Environmental Awareness Activities):
  
- **Recovery:** Positive personal experiences of others. How others facilitate. What others did on their own, etc.  
(Recovery Awareness Activities):
  
- **Psychiatric Rehabilitation:** Positive personal experiences of others. Focus on the person's goals and preferences, etc. (Psychiatric Rehabilitation Awareness Activities):
  
- **MH Services/Supports:** Effective service & supports exist. Positive personal experiences, etc.  
(MH Services/Support Awareness Activities):

### *Consumer Preferred Method of Learning/Participation:*

*Verbal* \_\_\_\_ *Experiential* \_\_\_\_ *One on One* \_\_\_\_ *Peer Lead* \_\_\_\_ *Self Lead* \_\_\_\_ *Staff Lead* \_\_\_\_

*Reading or Writing Required* \_\_\_\_ *Reading or Writing Not Required* \_\_\_\_

*Male Leader* \_\_\_\_ *Female Leader* \_\_\_\_ *Other Preferences* \_\_\_\_

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## Credible Support

Support Person: \_\_\_\_\_

### Checklist: Credible Supports

- Respected by the Consumer
- Wants to support the consumer
- Has the capacity to support the consumer person
- Consumer wants support from this person

### Eliciting Support:

- Describe the consumer's readiness for rehabilitation.
- Reason(s) the particular person has been selected.
- Specific type of support being requested.
- Benefits for the significant other as well as for the consumer.