

## Comprehensive Recovery Plan (CRP)

The CRP is a forward-looking document that captures the needs of the recovering service members (RSMs) and family members; translates those into concrete goals; then provides specific, actionable steps to meet those goals. The focus is broad—it is more than physical healing, and it includes the whole person—mind, body, spirit, and family. One hallmark of the CRP is that a resource is provided for each step so that the RSM knows who can assist with each action. The needs of the RSM and family may be vast, including technology, benefits and entitlements, or housing. Recovery Care Coordinators (RCCs) assist RSMs and families with the development of the CRP and are training in identifying needs and finding support.

**The Wounded Warrior Regiment (WWR) uses the CRP as a roadmap to the recovery of each RSM. The CRP establishes the framework of each RSM and family as they transition through the phases of recovery, rehabilitation, and reintegration.**

### What is included in the CRP?

The CRP is developed by the RSM and his/her recovery team. The RSM's personal goals are contained in the plan and he/she owns the CRP. At a minimum, CRPs should address:

- Benefits available and the completion of the required paperwork.
- Desire to return to active duty or transition to civilian community.
- If returning to duty, whether training for a new military occupational specialty is required.
- If transitioning to civilian life, documentation about job interests or career paths.
- Need for additional education / training.
- Plans for housing and living expenses.
- Needs of family members.
- Other accommodations necessary for transition success. (i.e. wheelchair ramps, car lifts, computer/electronics)
- Maintenance of physical conditioning.

### The goal of the CRP is to:

- Address all immediate needs
- Establish long-term, transition goals, or a desired end-state
- Define action steps that encourage continued mental, physical and emotional growth

### Applies to:

- RSMs on Active Duty, to include reservists, who are assigned to a RCC

### Related Fact Sheets

- Recovery Care Coordinator
- Recovery Care Team
- Religious Ministry

**Wounded Warrior Call Center 24/7—1.877.487.6299**

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## Why does a RSM need a CRP?

The recovery mission can be challenging. A CRP helps to provide order in chaos—it maps out goals, including whether the RSM wants to return to duty or transition to civilian life. The CRP ultimately sets up RSMs and their family for success.

## Are all CRPs alike?

No. Just as everyone's wounds, family circumstances, and self-perceptions are different—everyone's CRP must be tailored for their individual situation.

## How is a CRP developed? Who helps?

First and foremost the CRP is the RSM's document. It is created with the help of the recovery team but the goals are expressed in the RSM's own words.

As early as possible in the recovery process, the RCC will conduct a comprehensive needs assessment. The information derived from the needs assessment becomes the foundation for the CRP.

The RCC researches and provides the best available resources to help the RSM and family achieve their goals. Together, the RCC and the RSM set a timeline for completion for each step; the RCC and section leader track the status of each step.

The RCC works with the RSM's section leader and other recovery team members to ensure that all needs are identified and their goals do not conflict with other recovery efforts.

## Why is it important for RSMs to set long-term transition goals?

The road to recovery can be difficult and the end-state is not always clear. Having a goal provides motivation in the short-term and offers a long-term vision for the future. Having a clear understanding of what needs to be achieved encourages RSMs to concentrate their efforts and to focus on their abilities.

## Who sees a CRP?

CRPs are created and updated by RCCs in a secure Department of Defense (DoD) computer system. Section leaders and care team members will also be aware of the RSM's goals to prevent conflicts with recovery efforts. Recovery team members can request viewing rights, or the RCC will provide copies of the CRP to members periodically.

## When can a RSM see their CRP? Can they update it?

While a RSM cannot access the DoD computer system and CRP directly, RCCs use the CRP routinely in discussions with the RSM and can provide a copy to the RSM and family at any time.

## Are the Marines stuck with their CRP? What if their goals change?

The CRP is a living document and is written in the RSM's own words. The RCC is proactive with monitoring for potential roadblocks and identifying emergent needs for prompt action.

As the RSM recovers—their goals may evolve. The RCC guides the RSM to amend the CRP accordingly.

## How are CRPs measured / tracked?

RCCs do not "fire and forget." Once a RSM has been referred to a service or resource, the RCC and section leader will follow up to ensure that the effort was fully successful. If not, the RCC will intervene with the resource and / or work with the section leader to advocate for the RSM.

Many of the resources available to our RSMs come from sources external to the WWR. As a result, it is imperative that the RCC, section leader, and other recovery team members facilitate a collaborative working relationship with entities outside the regiment to ensure effective support of our RSMs and their families.