Pilot Program Weekly Risk Assessment & Progress Note

Client Name:		Week#	Date:	
☐ Phone ☐ In P	erson			
Alcohol and Drug Use Since we last spoke have used used alcohol or other drugs? Yes No If yes, what substances were used?				
Substance Used	Date of Use	Amount or Frequency		
Medication Adherence Since we last spoke have you had any medical or psychiatric appointments? Yes No Have you had any changes in prescribed medication? If so what? Have you taken your medication as prescribed this week? Yes No				
Mood Since we last spoke how	many days have yo	u been in a "bad mood" (o	depressed, angry, worried, anxious, nood last? (hours, days?)	
drugs? ☐ 0 = less than or ☐ 1 = 1 to 2 days ☐ 2 = 3 days per v ☐ 3 = 4 or more day	nce per week per week week ays per week how strong were the by 1 point)		eams, thoughts or desires to drink or use hange to craving score. If 2 or 3, then	
Concern How concerned are you right now about your ability to stay clean and sober until we talk again next? □ 0 = Not at all □ 1 = A little concerned □ 2 = Somewhat concerned □ 3 = Very concerned (automatically constitutes "high risk")				
places, and things?" 0= Never 1 = up to or 2 = up to tw 3 more that The four riskiest situation were: Time Alone Since we last spoke, how	ne time per week vo times per week n 2 times per week ns you identified at or	ur first meeting 	ations you have identified as your "people alone or in the company of strangers? of waking hours)	
☐ 2 = 2-3 day	day per week vs per week ore days per week			

PROTECTIVE FACTORS

Sober Living				
	ent time outside of an AA/NA meeting with people who are			
sober or who have no alcohol or drug problem?				
☐ 3 = 4 or more times per week	☐ 1 = up to 1 time per week			
☐ 2 = 2-3 times per week				
<u>Meetings</u>				
Since we last spoke, how many AA/NA meetings have you gone to?				
3 = 4 or more times per week				
2 = 2-3 per week				
 □ 2 = 2-3 per week □ 1 = up to one per week □ 0 = None 				
□ 0 = None				
If any meetings: In how many of those meetings did you raise your hand and share?				
In how many of those meetings did you go early? Stay late? Help make coffee? Help set up or				
clean up? Score whether there was active participation in at least one meeting per week.				
Active participation: YesNo				
Active participation in at least 1 meeting per week increases the meetings score by 1.				
•				
Sponsor	. 1. 20			
Since we last spoke, how many times have you talked with your sponsor outside of meetings?				
3 = 4 or more times per week including at least once in person				
2 = 2-3 times per week				
☐ 1 up to 1 time/week ☐ 0 None or no sponsor				
0 None or no sponsorIf any: How many times on the phone, and how man	any timon in norson?			
if any. How many times on the phone, and now man	my times in person?			
Treatment Involvement				
Ask whether client is in treatment.				
	sions/did you attend this week?			
How many of your scheduled groups/individual sessions/did you attend this week? ☐ 3 = All or them or N/A				
☐ 2 = at least 75% of them ☐ 1 = at least 50% of them				
Case Management Progress Note:				
<u>Case Management Progress Note:</u> (Progress in Housing, Legal, Employment, Medical, Financial, Educational, Medical, Childcare, Counseling, etc.)				
(1 Togress III Flousing, Legal, Employment, Medical, 1 Inanci	cial, Educational, Medical, Officiale, Courseling, etc.)			
,				
Overall Risk Levels for Relapse:				
☐ High Risk: Any alcohol or drug use rep	eported since last contact			
Concern rated "3"	•			
At least 2 risk items rated "3" AND at least 2 risk items rated "2" (i.e., frequent trigger situations)				
At least 1 risk item rated "3" AND at least 3 risk items rated "2" AND no protective items rated "2" or				
higher (i.e., several trigger situations, coupled with minimal involvement in sober lifestyle)				