

Pilot Program Weekly Risk Assessment & Progress Note

Client Name: _____ **Week #** _____ **Date:** _____
 Phone In Person

Alcohol and Drug Use

Since we last spoke have you 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 you been in a "bad mood" (depressed, angry, worried, anxious, hopeless, sad)? _____ (number of days). How long did the mood last? _____ (hours, days?)

Craving

Since we last spoke how many days have you experience cravings, dreams, thoughts or desires to drink or use drugs?

- 0 = less than once per week
- 1 = 1 to 2 days per week
- 2 = 3 days per week
- 3 = 4 or more days per week

If you had any cravings, how strong were the cravings? (If 0 or 1, no change to craving score. If 2 or 3, then increase craving score by 1 point)

- 0 = very mild
- 1 = mild
- 2 = moderate
- 3 = strong

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")

People, Places, Things

Since we last spoke, how many times have you spent time around situations you have identified as your "people, places, and things?"

- 0 = Never
- 1 = up to one time per week
- 2 = up to two times per week
- 3 = more than 2 times per week

The four riskiest situations you identified at our first meeting were: _____.

Time Alone

Since we last spoke, how many days have you spent most of your day alone or in the company of strangers? (exclude work, volunteering, etc. Clarify amount of time as being most of waking hours)

- 0 = Never
- 1 = Up to 1 day per week
- 2 = 2-3 days per week
- 3 = 4 or more days per week

