

Individual Recovery Check-Ins 150720

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Goal: Provide assertive continuing care interactions before, during and after treatment. Research shows that these contacts improve the likelihood of sustained, meaningful engagement in treatment and long-term recovery. Contacts may be made while peers are on waiting lists, between appointments or groups, and as follow-ups to no-shows. The check-in also serves as a reminder of the next scheduled treatment or other social service appointments thereby reducing no-shows while also promoting timely resource utilization and recovery community integration.

Suggested Frequency: The below is a suggested minimum interaction frequencies. However, the frequency is best determined by each peer and her/his needs.

First 8 weeks: 1X a week; Second 8 weeks: 1X every 2 weeks; Months 5+: 1X a month

Seven Step Recovery Check-In

✪ Topics brought up by the peer/client take precedence over any pre-determined outline.

The typically flow of a recovery check-in is as follows.

1. Acknowledge peer; what's right with you
2. Complete the Outcome Rating Scale (ORS)
3. Complete and discuss Craving or Challenges (other reasons for seeking services) Ratings
4. Discuss Recovery Capital Scale Plan and/or Whole Health Action and Management Plan
5. Complete the Relationship Rating Scale (RRS) and discuss what will make the next contact more useful.
6. Schedule the next Recovery Check-In
7. Assist peer to summarize major topics and activities/goals discussed during this interaction and upcoming treatment/other appointments and/or meetings

If not completed during the Check-In, transfer ORS, Craving/Challenges, and RRS ratings to the SCORE Board.

Additional Recovery Check-in materials available at www.brauchtworks.com/change_agent_toolkit:

1. SCORE Board
2. Recovery Check-In Practice Guides: Initial and Ongoing Contacts

References

1. Duncan, B. (2005). *What's right with you*. Deerfield Beach, FL: Health Communications. Peer and professional versions of the ORS and RRS are available free at www.heartandsoulofchange.com.
2. Mid-America Addiction Technology Transfer Center. (2008). *The Arkansas continuing care program telephone monitoring and adaptive counseling – clinician manual*. Kansas City, MO: Author.
3. Scott, C. K, & Dennis, M. L. (2003). *Recovery Management Checkups: An Early Re-Intervention Model*. Chicago, IL: Chestnut Health Systems

