**PCN-501: Relapse Prevention Plan**

**Scoring Guide**

| **Grading Category** | **Points** | **Comments** |
| --- | --- | --- |
| Relapse Prevention Plan fully includes all of Jed's key information: client name, age/date of birth, date of plan, next date of review, and a biopsychosocial summary. | 0/5 |  |
| **Part 1:** Relapse Prevention Plan fully includes at least three harmful/destructive behaviors for Jed, along with the associated rewards and consequences related to relapse and abstinence behaviors. | 0/15 |  |
| **Part 2:** Relapse Prevention Plan fully explains the steps the client has already taken to reduce the risk of relapse and the client's agreement to abstain from substance use/misuse. | 0/10 |  |
| **Part 2:** Relapse Prevention Plan fully explains some high-risk situations that may trigger a relapse for the client including three specific situations that may lead to relapse. | 0/10 |  |
| **Part 2:** Relapse Prevention Plan fully explains some high-risk behaviors or irrational thinking that may create the urge to return to previous harmful behavior leading to relapse. | 0/10 |  |
| **Part 3:** Relapse Prevention Plan fully includes all items in a relapse response plan: coping strategies, client's skills to redirect thoughts, and immediate actions to take before using substances. | 0/15 |  |
| **Part 4:** Relapse Prevention Plan fully describes the community and support resources that are available to the client along with identifying how often and the amount of support group meetings the client will participate in (any type of recovery support meeting) to improve health and sobriety. | 0/10 |  |
| **Part 4:** Relapse Prevention Plan fully identifies at least two strategies the client can do to improve his family relationships and describes how this is important to the success of the relapse prevention plan. | 0/10 |  |
| **Part 4:** Relapse Prevention Plan fully describes how the ethnic and cultural aspects of the client may impact the relapse prevention plan. | 0/10 |  |
| **Part 4:** Relapse Prevention Plan fully develops an emergency contact sheet that the client may carry with them. The contact card includes a list of people and resources to have available to use prior to a lapse or relapse to use substances.  | 0/10 |  |
| Worksheet fully includes at least three scholarly resources beyond the course textbook to support the responses. | 0/5 |  |
| **Total** | **0/110** |  |