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Life Style Evaluation

Upon receiving reports from a client or other individuals, there are a number of factors to consider in order to determine if there are any signs of abuse, neglect, or other forms of mistreatment. These factors include: the nature of the allegations, the credibility of the source, the consistency of the information, the timing of the allegations, the behavior of the client, and the behavior of the staff. It is important to consider all of these factors and your own professional judgment in order to make a fair and accurate assessment.

People:

Who in your life is it difficult to separate from?

Who in your life is associated with your addiction?

How could you communicate with these people that you are sober and need to share your story?

Who in your life would you like to get closer to?

Where could you find other healthy friends?

Invoice

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Invoice Code: INV1303002
Date: 29-Mar-2013
Ref No:

Item No.	Quantity	Item Code	Description	Unit Price	Discount	Amount
1	20 PC	STX000001	APPLE IPAD CASING - WHITE	160.00	0.00	3,200.00
2	20 PC	STX000002	APPLE IPAD CASING - BLACK	160.00	0.00	3,200.00
3	20 PC	STX000003	SAMSUNG GALAXY TAB 11" C CASING - BLACK	40.00	0.00	1,200.00
4	20 PC	STX000004	SAMSUNG GALAXY TAB 11" C CASING - WHITE	40.00	0.00	1,200.00

Sub Total	Discount	Add. Discount	Shipping	Total
8,800.00	0.00	0.00	50.00	9,250.00
VAT			Tax	Total Paid
440.00	0.00	0.00	0.00	9,250.00
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RELAPSE PREVENTION: TRIGGER HOMEWORK SHEET

Date: _____

1. What was the trigger?

2. How were you feeling just before you felt like drinking or drugging?

3. What were you telling yourself just before you started to drink or drug?
(Look for additional, hidden thoughts.)

4. What did you do?

5. Which thoughts led to which addictive feelings and behaviors?

6. What was the chain of thoughts, feelings, and actions?

7. What could you have told yourself?

8. What could you have done?

9. What emotions could you have pushed yourself to feel?

10. How do you feel now about what happened?

FLORIDA DEPARTMENT OF JUVENILE JUSTICE

SAMPLE

INDIVIDUALIZED MENTAL HEALTH/SUBSTANCE ABUSE TREATMENT PLAN REVIEW

Youth's Name _____ JJIS

Facility Name _____

Date of Review _____

1. DSM-IV-TR or DSM-5 Diagnoses and Symptoms:

INCLUDE ANY CHANGES IN DIAGNOSES AND REASON

Updated DSM-IV-TR Diagnoses	Reason for Update/Change in Diagnoses
Axis I	
Axis II	
Axis III	
Axis IV	
Axis V	
Updated DSM-5 Diagnoses	Reason for Update/Change in Diagnoses

2. Mental Health and/or Substance Abuse Treatment Goals:

INCLUDE PROGRESS MADE BY THE YOUTH IN MEETING EACH TREATMENT GOAL AND ANY CHANGES IN TREATMENT GOALS

Mental Health Treatment Goals:

Prior Goal:
Revised Goal:
Prior Goal:
Revised Goal:
Prior Goal:
Revised Goal:

Substance Abuse Treatment Goals:

Prior Goal:
Revised Goal:
Prior Goal:
Revised Goal:
Prior Goal:
Revised Goal:

You can stay in control by setting goals in important areas of your life and by working towards these goals. Develop a supportive network of caring people around you. Don't let a slip be an excuse to keep on drinking, using drugs or gambling. You have other choices. Use Family and Friends for Support: Your family and friends may help you solve problems and reduce stress. Identify your Values and Goals: Define your goals - specifically, what do you want to change and when? Have a Plan of action: Establish specific steps to reach your goals. There are ways you can regain control and prevent a slip from becoming a full relapse. One way to minimize these temptations is to focus on specific actions or thoughts in dealing with them. Enjoy Music: Play an instrument. Here is an example: At a dinner party with friends, alcohol is served. Managing Your Cravings When you quit using alcohol, drugs or gambling, you are likely to experience cravings. Some things that can lead to relapse include: feeling that you have the problem under control and taking a chance to use or gamble again not working out stresses and problems at home, work or school, and when these build up or a crisis happens, you go back using or gambling not dealing with stresses such as problems with your finances, with your health, or with the legal system not handling negative feelings such as boredom, loneliness or anger giving in to cravings or urges to use or gamble when under stress you don't see any other way to cope other than to use or gamble not working on your recovery plan or letting it slide (e.g. not going to self-help meetings) To avoid relapse: Handle day-to-day feelings and problems as they happen. You may find it helpful to make a stress management plan with the assistance of a friend or counselor. There are also other danger signals. Organize: Seek order. What Is Relapse? What moods or feelings are most likely to lead you to start drinking, using drugs or gambling? Cravings are a normal part of recovery. When you decided to quit drinking, using other drugs or gambling, you took the first step towards recovery. You try to impose abstinence on others. Plan 3. With relapse prevention plans, you might: Carry a non-alcoholic drink with you to avoid being pressed to drink alcohol. Figure out the best way for you to handle those feelings and how you would stop drinking, using drugs or gambling. Some of the danger signals might

be: You begin to isolate yourself from others and lonely much of time. Feeling alone or apart from others builds stress, when I start feeling frustrated and fed up with life, when I feel disappointed when I feel pressured by others, when I feel bored when I feel pressured by debt or lack of money when I remember the excitement of a "big win" or a "great high" Others Reasons for Relapse: The following are the major reasons for relapse: not handling negative feelings such as boredom, loneliness, anger difficulty in handling social pressures to drink, use drugs or gamble, or just being around people who are engaging in those behaviours not resolving conflicts with others having urges or temptations to use alcohol, drugs or gamble difficulty in handling positive feelings problems dealing with withdrawal symptoms or health conditions testing to see if drinking, drug use or gambling can be controlled not keeping life in balance (not eating well, not sleeping regularly, not keeping active, spending too much time at work)

When Do Relapses Occur? The stress you may already feel will only get worse if you put off dealing with problems with family, friends or work. Stay away from people who cause you to doubt your decisions. Managing Your Stress Stress is a common part of everyone's life. Give yourself simple rewards that give you pleasure - a walk, time with a hobby, a chance to read a book. A relapse begins long before you take your first drink, drug or gamble. Still, you may have been afraid to face everyday life without them. During the first 90 days after withdrawing from alcohol, drugs or gambling people may experience some periods of poor memory or concentration, or they may overreact to stress. Relax: Develop a list of activities you find relaxing and do them regularly. A technique called Relapse Prevention Planning can help. The reasons for relapse are the same whether the addiction is to alcohol, other drugs or gambling. Family, friends and self-help sponsors can help. These feelings could drive you to continue to use or gamble after a slip. They will lessen over time. Your eating and sleeping patterns are disturbed and you cannot get things done. Everyone faces high-risk situations at some time - you will find yourself in situations where you are more likely to drink, use drugs or gamble. Record your ideas. You can stay confident and in control. Emotions I have had in the first few months after stopping drinking/using drugs or gambling: What Are the Advantages and Disadvantages of: Using alcohol/drugs or gambling: Can you identify with these statements? Reaching these goals is a matter of making it happen rather than just wishing it will happen. Your plans should involve handling feelings and problems as they happen. What is causing you trouble? It's the physical reaction within your body that prepares you to meet that pressure - and to fight back. Don't let things pile up. Protect and care for yourself. Record your feelings. Not coping with stress is a major reason for relapse. Practise what you will do or say, so you do not worry about what to do under pressure. Have an answer ready, such as: "No thanks, I don't drink anymore." "No thanks, I'm driving." "No thanks, I'm on a diet." "No thanks, I'm an alcoholic." Agree with your spouse ahead of time that you will leave if you feel uncomfortable. Exercise: Learn to get the benefits of regular exercise. Being in touch and talking to others reduces it. You will think more clearly and will be better prepared for decision-making. Because stress is a part of life, it makes sense to develop a variety of ways of handling it. Maintain a Healthy Stress Level: While some stress is good - it pushes us to learn and grow - too much can be dangerous to your health. Plan 1. Identify and plan for high-risk situations. There is a possibility that you might relapse and start drinking, using drugs or gambling again. Arrange to leave the party early. Think through ways to handle high-risk situations. The symptoms gradually go away. This step was the beginning of an important change in your life. Family, friends, your boss, a co-worker, a support group or a counsellor can talk with you about the pressures you are feeling in recovery. Stay Open to Change: Try new approaches. We deal with most of our stressful experiences successfully. Take Care of YOU: Treat yourself kindly. Talk to friends, family or a professional counsellor. What days are you most likely to start to drink, use drugs or gamble? Join a choir. It is important that you do not give up. Let them know your goals and your plans so that they can help you out. Work: Volunteer for something worthwhile. In fact, it can make all the difference in the world. Fill in free time with a variety of activities. An important part of relapse prevention is learning how to cope with these urges. Try a few new ones; you will find some you enjoy.What you eat can affect how well you cope with pressure. If you use a relapse as a learning opportunity rather than viewing it as a failure, you can prevent it from happening again. How would you deal with a relapse? Relapse Prevention Planning is based on the experiences and successes of many people just like you who have already travelled the road to recovery. Settle Conflicts: Look for solutions where all sides win. You can learn from the situation and find different ways of handling the pressures that led to the relapse. Figure out the high-risk situations that might lead you to start drinking, using drugs or gambling. Abstinence: The feeling What Feelings Do You Have About Abstinence? You act impulsively under stress, which causes even more stress. To help you "wait it out" you can: talk about it get plenty of sleep eat well, exercise regularly actively reduce stress The following information can help you recognize stress in your life and suggests ways to help reduce that stress. Problem Solve: Address issues as they come up. Deal with your problems and feelings as they come up. This may lead to relapse. Identify resources that can help you. Withdrawal causes feelings of confusion and tension, which may leave you feeling incapable of handling problems. Plan to stop a slip from becoming a relapse. Relapse is a process that begins when you start slipping back into old behaviour patterns. Build up your strength. You want to relax and enjoy yourself, but you do not want to drink. Handling Relapse Sometimes you just cannot control everything in your life, or handle every situation the way you plan to. Get Away: Spend more time alone. Play: Go out with a friend. Figure out how you feel about relapse ahead of time. In what locations are you most likely to start to drink, use drugs or gamble? Try New Things: Discovering healthy new ways to have fun is a great way to reduce your tension level. Cravings may be stronger in high-risk situations. The trick is establishing a healthy level of stress and maintaining that level. Take better control of the ways you're spending your time and energy. Food rich in B vitamins helps to reduce craving for alcohol and to keep stress manageable. Learn to relax. Keep your life in balance... Do something relaxing for 20 minutes each day. Assess your progress - set a date to evaluate your success. Use Your Mental Skills: Use your mind to help cope with stress more effectively. Don't push beyond your limits. Avoid too much caffeine (coffee, soft drinks), nicotine (cigarettes and cigars), and sugar. Deal with pressure: Stress is not pressure from the outside, as some people think. It can even make you doubt your commitment to this new direction that you know in your heart is right for you. Build a balance in your daily routine to reduce stress. High-risk situations are those situations where you are most likely to relapse. Some people have overwhelming feelings of guilt, anger, shame, or fear. Who are you most likely to start drinking, using drugs or gambling with? Writing out a plan for your day may help you find a balanced routine. Enjoy Time with Others: Spend time with those you care about, doing things that everyone enjoys. It also involves mixed feelings. Get Physical: Build up your strength and stamina. Find ways to laugh each day. Can it work for you in other ways? Believe in Yourself: Trust others. Exercise your mind. It is a matter of creating a set of plans for yourself to deal with situations that may interfere with your recovery. Make an alternate plan if needed. b) List some high-risk situations that may result from the above. Don't hesitate to ask others to help. You doubt your ability to stay abstinent. That is why your decision to stop was so difficult and important. These situations can be handled more easily if you know ahead of time what they will be. What are yours? They can watch with you for the warning signs of relapse and help you handle the stress. Getting Along with Others: It's important to build relationships that will help you in dealing with stress in your life. A. You cover up your feelings of unhappiness and helplessness. Share and show feelings. removing yourself from the situation trying relaxation techniques keeping a record of how you have coped in the past Examples of thoughts that might be helpful include: thinking of the negative consequences of using/gambling (remembering how bad things were when you were using) thinking of the reasons why you do not want to use/gamble any more reminding yourself that cravings are a normal part of recovery visualizing the craving as a wave that you are simply going to ride out using positive self-talk or picturing a STOP sign in your mind Resources Because stress affects the whole person, good stress management skills allow you to manage all parts of your life. Personal Stress Management Plan You may want to draw from the stress management ideas outlined below when developing your own Stress Management Plan. Analyse the area of pain - where is it coming from? a way to reduce stress. It also involves avoiding relapse - falling back into your habits of using alcohol, drugs or gambling to deal with problems and stress. Handling High-Risk Situations My Plan for High-risk Situations The following may serve as a guide to help you form your personal Relapse Prevention Plan. The longer a person is abstinent, the better these things will get, but handling stress as it comes up is an important way to prevent relapse. Have three responses ready for when you are asked if you want a drink. Caffeine (coffee, soft drinks), nicotine (cigarettes, cigars) and too much sugar can make you tense. Throughout your recovery you will be faced with many situations that will be difficult to deal with. Recovery involves finding new ways of taking care of yourself, and new ways of acting with friends, with family, and at work. Recognize the Danger Signals A return to alcohol, drug use or gambling does not just happen. Old ways of behaving need to be replaced with new carefully planned actions. Control what and who is surrounding you. You think you will never use alcohol, drugs or gambling again, so you don't need a recovery program - you don't attend support groups or counselling, and you reject offers of help. You begin to think that you can handle alcohol, drugs or gambling again and it will help you feel more at ease. Relapse Prevention Is Important Now The first months after you stop drinking, using or gambling are filled with change and unfamiliar feelings. If you relapse, you could talk to a counsellor or friend about it. Examples of specific actions might include: talking to someone who understands, carry a list of phone numbers of people you can call writing down your thoughts distracting yourself, do for a walk, work out, clean the house. Consider the following information: Approximately 2/3 of all relapses for any addiction (alcohol, drugs, gambling, smoking, diets) occur within the first 90 days. You may have expected all your problems to go away when you quit, but somehow many problems are still with you. One moment you can feel good about the new possibilities, and the next you can feel sad to leave old friends and habits behind. If you're in good physical condition, you'll be better able to stand up against your stress. Remember you have the power and ability to decide to deal with stress. Lots of good basic foods like fruit, vegetables, cheese, whole grain cereals and breads, fish, and meat help cut down stress. What times of the day are you most likely to start drinking, using drugs or gambling? Planning for a flat tire or a thunderstorm does not decrease the chance of either happening, but if it should happen, you'll be ready! You are vulnerable. Be kind to yourself. There are many ways - the following are some basic, common sense methods: Organize yourself. When you begin to backslide or "slip," you go through changes that could lead to a possible relapse. It's the small percentage that we have difficulty managing that causes problems. Recovery is building a new life, and like any major change it takes time. Gain support and trust. Think about how you would feel if you relapsed. It recognizes that the road often has many rough patches, and that to succeed on this road you will need a relapse prevention plan. You will need to plan to achieve your goals in each of your major life areas (such as your physical and emotional health, your relationships, your job, your recreation and your relaxation). Learning: Take a class. For each high-risk situation, think of three things you can do to handle the situation so you won't start to drink, use drugs or gamble to feel good. These are uncomfortable feelings, and it's hard to resist taking the easy way to get out of dealing with them: a drink, drugs, or a bet. What are you doing that contributes to the problem? Order a non-alcoholic drink before joining the group. a) What positive things do drinking, using drugs or gambling do for you? Share your burdens with your family and friends. Are These High-risk Situations for You? Having fun with family or friends, without including alcohol, drugs or gambling, can be challenging. Check off the danger areas that apply to you: when I pass a pub, lounge or place I used to gamble when I'm with others who are drinking, using drugs or gambling when I feel no one really cares what happens to me when I have to meet people when I feel depressed when there are problems at work when I feel I am being punished unjustly when I feel afraid when I'm on holidays when I feel happy with everything when I have money to spend when I remember the good times when I was drinking, using drugs or gambling when there are hassles and arguments when feel resentful when I feel irritable or tired when I'm at a party when I start thinking I am not really hooked on alcohol, drugs or gambling when I feel myself getting very angry when there are special occasions like Christmas, birthdays, etc. You frequently feel sorry for yourself. This is why it is important to make a Relapse Prevention Plan now. Your Goal is Recovery Your use of alcohol, drugs or gambling probably caused you many problems - at home, at work, with the law. The easiest way to add to your methods for handling stress is to develop one new habit at a time. You find yourself easily irritated and relationships become strained. You can successfully negotiate the road to recovery. In the beginning, abstinence: is confusing and disorienting is nothing like the way I believed it would be can be lonely and overwhelming These negative feelings are usually worse when a person is under stress or is tired. Have at least three ways to handle them, so that if one does not work, you do not give up. Be direct about your wants, needs, and feelings. Try new recreational activities and find new hobbies. There is a process leading to the return. Keep Life in Balance: Make sure you set aside time for home as well as work commitments. By thinking ahead, and by working out ways to handle the pressures that might lead you back to your drinking, drug use or gambling, you can approach your new life with a greater sense of confidence. The following list is things you can do to help keep stress under control. Manage Your Time Well: Pause to think about what is really important and give time to those things. Identify the kinds of stress in your life. Plan 2. Eat Well: Eat good basic foods such as whole grain cereals and breads, fish, meat, fruits and vegetables. It is important to find ways to balance work and relaxation. Let them help. Relapse Prevention Planning is planning for success. Here is an example high-risk situation - Staff party where there will be drinking. Build a Support Network: Develop a network of resources and people that you can count on. Plan and work for success! To find out more about how we can help you make a change, or to find an addiction services office near you, please call the 24-hour Help Line at 1-866-332-2322 (Alberta only). Laughter is one of the purest and most total releases of tension. This way, pressure and stress do not build up. It can be confusing. How can you minimize or get rid of it? Who is involved? Take time to reflect on your success - what have you learned? Because there is confusion and fear in the first few months, people are more likely to relapse.

Guidelines and Measures provides users a place to find information about AHRQ's legacy guidelines and measures clearinghouses, National Guideline Clearinghouse (NGC) and National Quality Measures Clearinghouse (NQMC)

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