

Beating the Odds: A Checklist for the First Year of Recovery

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Addiction is considered a “chronic” disease by many in the field. The first year (after any attempt to remain clean and sober) is a critical year to prevent future relapse. Most people resume alcohol or drug use during that time. This checklist will evaluate the chances of success for you, a loved one, or your child (teen or adult) by looking at how many positive conditions are in place. As an educational tool, it can help inform you about what actions one needs to take to reduce the likelihood of relapse.

<u>Question</u>	<u>Points</u>
1. Completes at least four weeks of quality inpatient treatment, which includes drug and alcohol counseling, medical detoxification, medical evaluation, and psychiatric evaluation (Check only one) <input type="checkbox"/> True – 10 points <input type="checkbox"/> Partially true – 5 points <input type="checkbox"/> False – 0 points	_____
2. Attends a Twelve-Step Meeting, finding an appropriate sober peer support group (Can check more than one answer) <input type="checkbox"/> Every day for the first 90 days (after discharge or quitting) – 5 points <input type="checkbox"/> Attends a meeting weekly – 5 points <input type="checkbox"/> Does not attend meetings – 0 points	_____
3. Attends Drug and Alcohol Treatment three to five hours weekly, covering topics such as relapse prevention, communication skills, and problem-solving skills (Check only one) <input type="checkbox"/> True – 10 points <input type="checkbox"/> Partially true – 5 points <input type="checkbox"/> False – 0 points	_____
4. Family, significant other, or spouse are involved in treatment (can check more than one answer) <input type="checkbox"/> One or two sessions per month – 5 points <input type="checkbox"/> Phone contact weekly – 5 points <input type="checkbox"/> No involvement – 0 points	_____
5. Obtains treatment for mental health (e.g., anxiety, stress, depression, bipolar disorder, schizophrenia, trauma), relationship (family, marital, etc.), and addiction (craving as well as anxiety, depression, mood swings symptoms resulting from chemical dependency) issues from psychotherapist, addictionologist (a psychiatrist or internist who specializes in addiction treatment), or psychiatrist. (Check only one) <input type="checkbox"/> True – 10 points <input type="checkbox"/> False – 0 points	_____

6. Receives help with the environment, those he or she is around (check only one) _____
 Stays in a Sober Living Environment for at least one month following discharge from residential treatment – 10 points
or
 Has assistance in the eco-system of Twelve Step meetings, school, work, and probation or parole (e.g., visits by a professional, case manager, or family member) – 10 points
7. Has a relapse prevention plan that outlines what actions to follow if uses or drinks, has cravings, or has urges (check only one) _____
 Carries (on his or her person) – 10 points
 Has completed one – 5 points
 False – 0 points
8. Has regular monitoring (i.e., Urine tests for drugs; Check only one) _____
 Every 3 days – 10 points
 Randomly – 5 points
 No monitoring – 0 points
9. Has fun, gains normal pleasure from normal activities again so that the pleasure system returns to full functioning (Check only one) _____
 True – 10 points
 Partially true – 5 points
 False – 0 points
10. Is involved with normal daily activities, like working at their job or going to school _____
 Full-time – 10 points
 Part-time – 5 points
 False – 0 points



Total Points = _____

Scoring

This test is based on current research and the expertise of those medical doctors, psychologists, counselors, and others in the field of recovery. These experts identified what works in favor of those attempting to remain in recovery. While not having norms as in a scientific test, the scores can provide feedback about one's estimated chances of success. Because of the nature of addiction, it is possible to have a high score and still relapse. However, relapse is less likely. One can have a low score and remain clean and sober. However, it is less likely to happen.

Total Number of Points _____ / 100 = _____ % Positive Conditions for Success