# Reality Check Web Weekend Documents and Final Interview Instructions

#### **Client Document Instructions**

Complete and mail the following documents:

- 1. Participant Completion Report
- 2. Reality Check Web Weekend Participant Response Summary (Client File 05)
- 3. Responses to Reality Check Web Weekend Material, Discussion, and Process (Client File 06)
  - Write your 5 most significant journal responses from your journal
- 4. Responses to Reality Check Web Weekend Counselors (Client File 08)
- 5. Change Plan (Client File 07 mail if choosing to voluntarily submit to court)
  - Copy your final Change Plan from "Change Plan Client Copy" (Worksheet 12)" to "Change Plan" (Client File 07) to be submitted to the court.
- 6. MAST
- 7. DAST
- 8. Bring all documents to your Final Interview

#### **Final Interview Instructions**

- 1. Bring all documents to your Final interview.
- 2. At the final interview, your counselor will be going over your "Reality Check Web Weekend Participant Completion Report" with you, to be signed by you.
- 3. After the final interview, you may leave the virtual classroom.
- 4. All client file paperwork must be postmarked and mailed, using 2 stamps, on the Monday following your Reality Check Web Weekend Program. Remember, your program requirements are not met until Bright Outcomes LLC receives your mailed paperwork. Once received, all necessary documentation will be submitted by Bright Outcomes Team to the court.
- 5. A "Certificate of Completion" is available by request via email once your paperwork is received if desired.

6.

## Documents to download, and print, and bring to your Reality Check Web Weekend Program:

- 1. Client file
- 2. Client Completion Report
- 3. Client Worksheets

#### Reality Check Web Weekend (RCWW) Client Documents

#### Client Files Documents (in small binder clip) Index

- 1. The Michigan Alcoholism Screening Test (MAST)
- 2. Drug Assessment Screening Test (DAST)
- 3. RCW Participant Response Summary
- 4. Responses to RCWW Instructions
- Responses to RCWW Material, Discussion and Process
- 6. Change Plan
- 7. Change Plan Page 2
- 8. Responses to RCWW Counselors

#### **Client File Documents to Complete during Interview**

MAST
 DAST
 Submit to Counselor during interview
 Submit to Counselor during Interview

#### **Client Worksheets**

1. Client Response Journal Client Worksheets 01-05 2. Life Generating Assessment (Circles) Client Worksheets 08-09 Cost/Benefit Analysis Client Worksheet 10 3. **Decision Making Worksheet** Client Worksheet 11 4. 5. Change Plan - Client Copy Client Worksheet 12 6. Jelenik Chart **Back of Client Worksheets** 

#### Client File Documents to Complete for final Interview and mailed to Bright Outcomes LLC\*

(\*Note: Please wait until instructed to complete).

Change Plan
 Participant Response Summary
 Responses to RCWW Counselors
 Responses to RCWW Material
 Discussion and Process
 MAST
 Complete and bring to final interview, then mail
 Complete and bring to final interview, then mail

#### **Client Documents to Take Home**

**Certificate of Completion** 

2.

7. \*\*\*Client Completion Summary\*\*\*

1. All Client Worksheets Client Worksheets

Available to clients at the end of the program if you want one. After final interview complete and all paperwork received timely.

\*\*\*To be signed in Final Interview with Counselor

#### RESPONSES TO REALITY CHECK WEB WEEKEND PROGRAM JOURNAL

Please record the one or more of the following in this journal after each segment of Reality Check Weekend Program material presented:

- What you learned from the segment.
- What you found to be new or interesting information from the segment.
- What insights you have in response to the segment.
- What aspect of the material, presenters, or group discussion you especially enjoyed?
- What you have discovered or realized about yourself relative to the segment presented?
- What the segment was about and how studying this segment may be useful?

Segm	Segments:		
1.	. The Brain and Neuroscience		
2.	. Treatment Approaches, Disease Concept, and Movie "Pleasure Unwoven"		
3.	. Stress, High Risk Behavior, Denial, Dual Diagnosis, Venn Diagram & Medical Consequences		

4. Jellinek Chart of Progressive Nature of Alcoholism
5. Self-Defeating Behaviors, Cognitive Dissonance, Communications & Anger Management
6. Movie "Flight"

7. The Family. Effects of Drugs and Alcohol off the Family
8. Highway Safety and Penalties
9. Cost/Benefit Analysis
10. Victim Impact Presentation

11. Relapse, Recovery, Self-Help Groups and Positive Change

12. Creating an Effective Change Plan
13. Movie "The Secret"

INCREASING TOLERANCE CONTENTMENT IN SOBRIETY CONFIDENCE OF EMPLOYERS APPLICATION OF REAL VALUES ADMISTMENT TO FAMILY NEEDS NEW INTERESTS DEVELOP REBIRTH OF IDEALS ENLIGHTENED AND INTERESTING WAY OF LIFE OPENS UP WITH HOAD AHEAD TO HIGHER LEVELS THAN EVER BEFORE GROUP THERAPY AND MUTUAL HELP CONTINUE, RATIONALIZATIONS RECOGNIZED CARE OF PERSONAL APPEARANCE, FIRST STEPS TOWARDS ECONOMIC STABILITY NCHEASE OF EMOTIONAL CONTROL FACTS FACED WITH COURAGE NEW CIRCLE OF STABLE FRIENDS FAMILY AND FRIENDS APPRECIATE EFFORTS NATURAL REST AND SLEEP, **Addiction and Recovery** The Jellinek Curve EFFORTS TO CONTROL FAIL REPEATEDLY GRANDIOSE AND AGGRESSIVE BEHAVIOR FAMILY AND FRIENDS AVOIDED TRIES GEOGRAPHICAL ESCAPES DECREASE OF ABILITY TO STOP DRINKING WHEN OTHERS DO SO INCREASING DEPENDENCE ON ALCOHOL MEMORY BLACKOUTS INCREASE CONSTANT RELIEF DRINKING COMMENCES ONSET OF MEMORY BLACKOUTS FEELINGS OF GUILT LOSS OF OTHER INTERESTS PROMISES AND RESOLUTIONS FAIL PERSISTENT REMORSE DRINKING BOLSTERED WITH EXCUSES OCCASIONAL RELIEF DRINKING UNABLE TO DISCUSS PROBLEM URGENCY OF FIRST DRINKS SURREPITTIOUS DRINKING ALCOHOL TOLERANCE INCREASE IN

DESIRE TO ESCAPE GOES MEETS FORMER ADDICTS NORMAL AND HAPPY RETURN OF SELF ESTEEM PHYSICAL OVERHAUL BY DOCTOR START OF GROUP THERAPY DIMINISHING FEARS OF THE UNKNOWN FULME RIGHT THINKING BEGINS REALISTIC THINKING REGULAR NOURISHMENT TAKEN APPRECIATION OF POSSIBILITIES OF UFE ONSET OF NEW HOPE SPIRITUAL NEEDS EXAMINED ASSISTED IN MAMING PERSONAL STOCKTAKING STOPS TAKING ALCOHOL LEARNS ALCOHOLISM IS AN ILLNESS INDEPINABLE FEARS LOSS OF ORDINARY WILL POWER OBSESSION WITH DISINGING IMPAIRED THINKING UNREASONABLE RESENTMENTS ONSET OF LENGTHY INTOXICATIONS DECREASE IN ALCOHOL TOLERANCE

TOLD ADDICTION CAN BE ARRESTED

ALL AUBIS EXHAUSTED

VAGUE SPIRITUAL DESIRES

LNABLE TO INITIATE ACTION

DRINKING WITH CHROMIC USERS

MORAL DETERIORATION

PHYSICAL DETERIORATION

FREMORS AND EARLY MORNING DRINKS

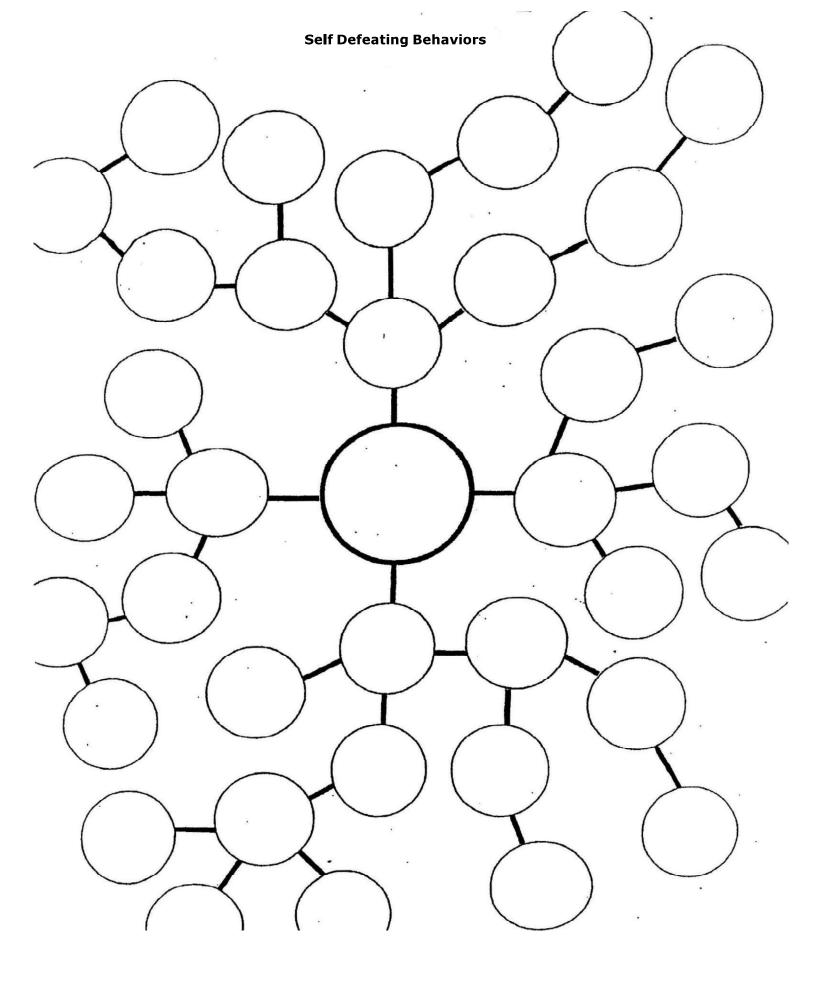
NEGLECT OF FOOD

WORK AND MONEY TROUBLES

COMPLETE DEFEAT ADMITTED

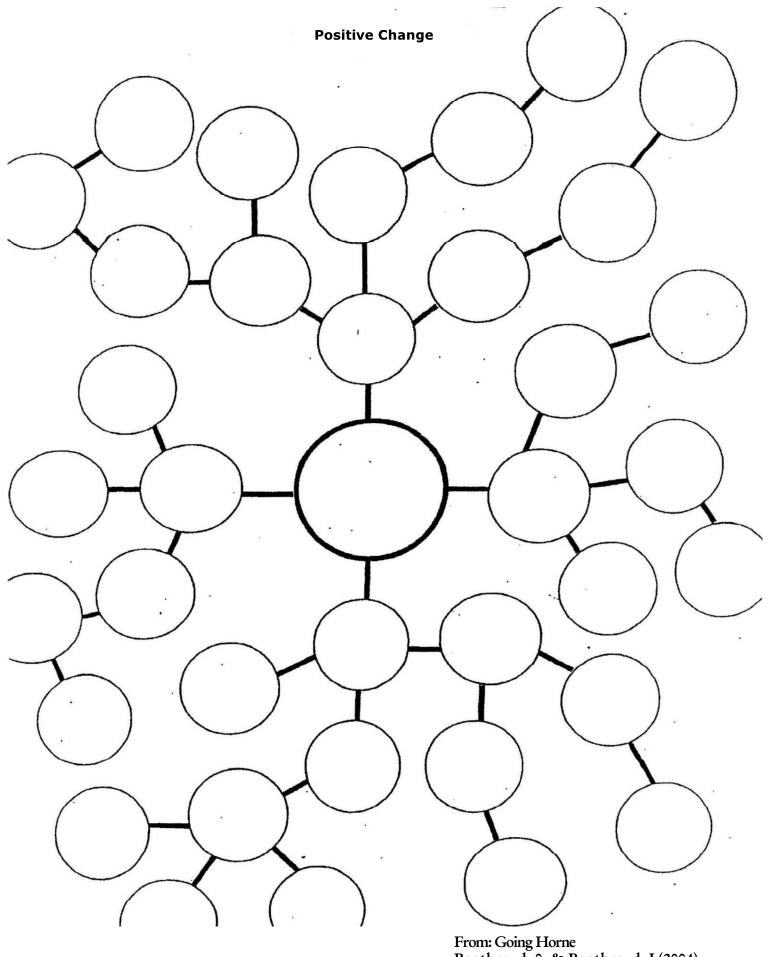
HONEST DESIRE FOR HELP

OBSESSIVE DRINKING CONTINUES IN VICIOUS CIRCLES



COST	BENEFIT
Reinstatement fee Driver's responsiblity fee Insurance premium increase Insurance deductible Fines and costs Reality Check Weekend Property repair costs Restitution Alcohol/drug testing Attorney fees Towing fees Cost of lost earnings Assessment Outpatient therapy Medical bills Pay for a driver Pay for rides Other costs Total financial costs Total cost per drink/ drug =Total cost/# of drinks or drugs	Transportation to intended location Fun Social time Save money from calling a cab Get to a location quicker or easier Avoid having to ask for a ride Other benefits

Name: \_\_\_\_\_ Date: \_\_\_\_\_



From: Going Horne Boothroyd, 0, & Boothroyd, L(2004) www.drboothroyd.core

## **Change Plan**

Participant Name		
1	. What change I plan to make (include the positive outcome intended):	
2	. Who I plan to involve to support me with my change:	
3	. When I plan to begin the steps to make the change, and how long I plan to sustain the change:	
4	. How I plan to make the change: Steps will include:	
5	. Where I plan to be when making the change (include all locations):	

## Change Plan Page 2

rti	cipant Name
6.	Why I want to make this change:
7.	Potential obstructions, hurdles or habit patterns that may challenge me in being able to successfully make the change I want to make:
8.	How I am planning to overcome these potential obstructions:
	Participant Signature Date