

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
5. 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

- | | |
|---------|--------------------------------------|
| 1. MAST | Submit to Counselor during interview |
| 2. DAST | Submit to Counselor during Interview |

Client Worksheets

- | | |
|---|---------------------------|
| 1. Client Response Journal | Client Worksheets 01-05 |
| 2. Life Generating Assessment (Circles) | Client Worksheets 08-09 |
| 3. Cost/Benefit Analysis | Client Worksheet 10 |
| 4. Decision Making Worksheet | Client Worksheet 11 |
| 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).

- | | |
|--|---|
| 1. Change Plan | If voluntarily choosing to submit for court, then mail Complete and bring to final interview, then mail |
| 2. Participant Response Summary | Complete and bring to final interview, then mail |
| 3. Responses to RCWW Counselors | Complete and bring to final interview, then mail |
| 4. Responses to RCWW Material Discussion and Process | Complete and bring to final interview, then mail |
| 5. MAST | Complete and bring to final interview, then mail |
| 6. DAST | Complete and bring to final interview, then mail |
| 7. ***Client Completion Summary*** | ***To be signed in Final Interview with Counselor |

Client Documents to Take Home

- | | |
|------------------------------|--|
| 1. All Client Worksheets | Client Worksheets
Available to clients at the end of the program if you want one. |
| 2. Certificate of Completion | After final interview complete and all paperwork received timely. |

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?

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 on the Family

8. Highway Safety and Penalties

9. Cost/Benefit Analysis

10. Victim Impact Presentation

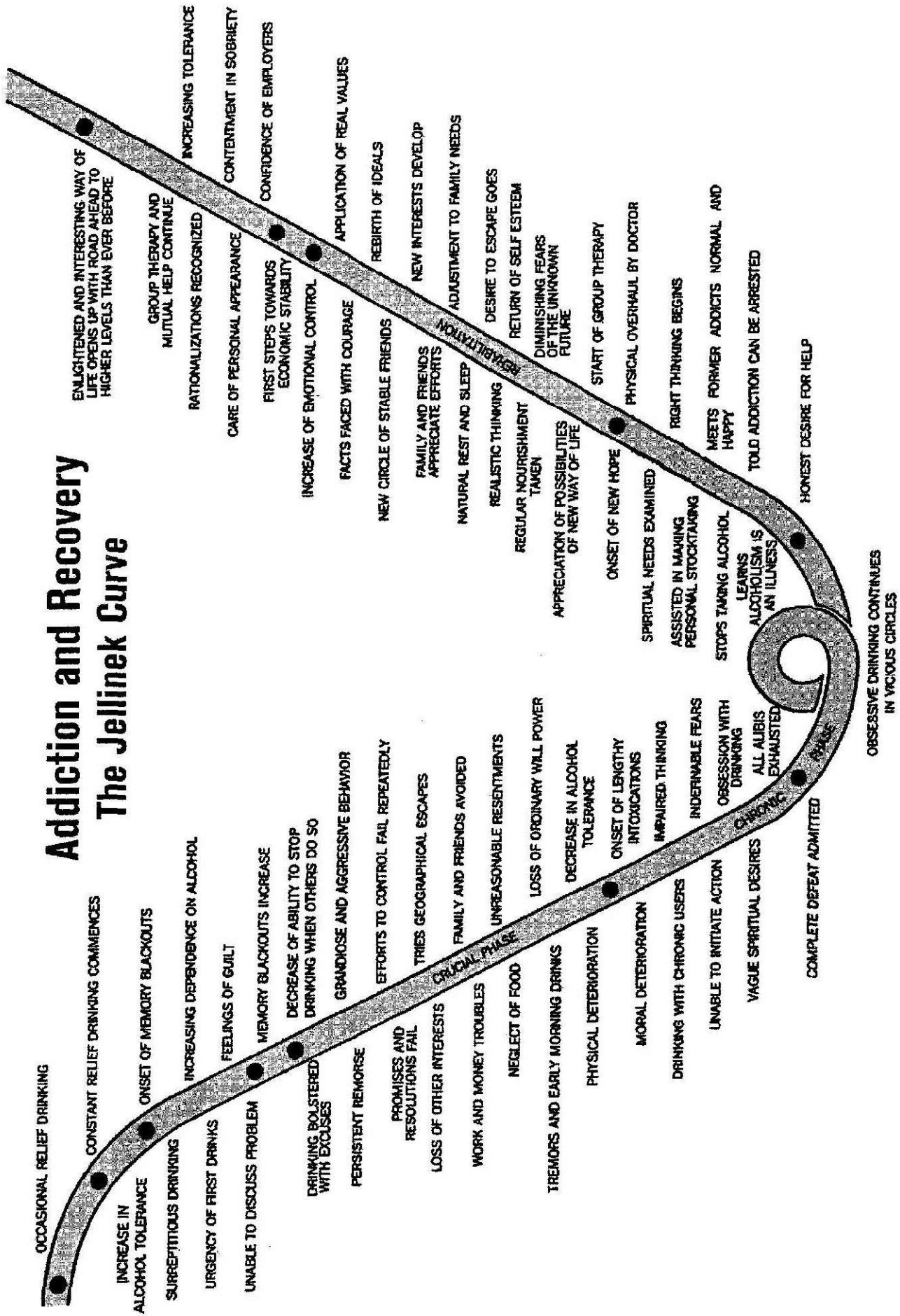
11. Relapse, Recovery, Self-Help Groups and Positive Change

12. Creating an Effective Change Plan

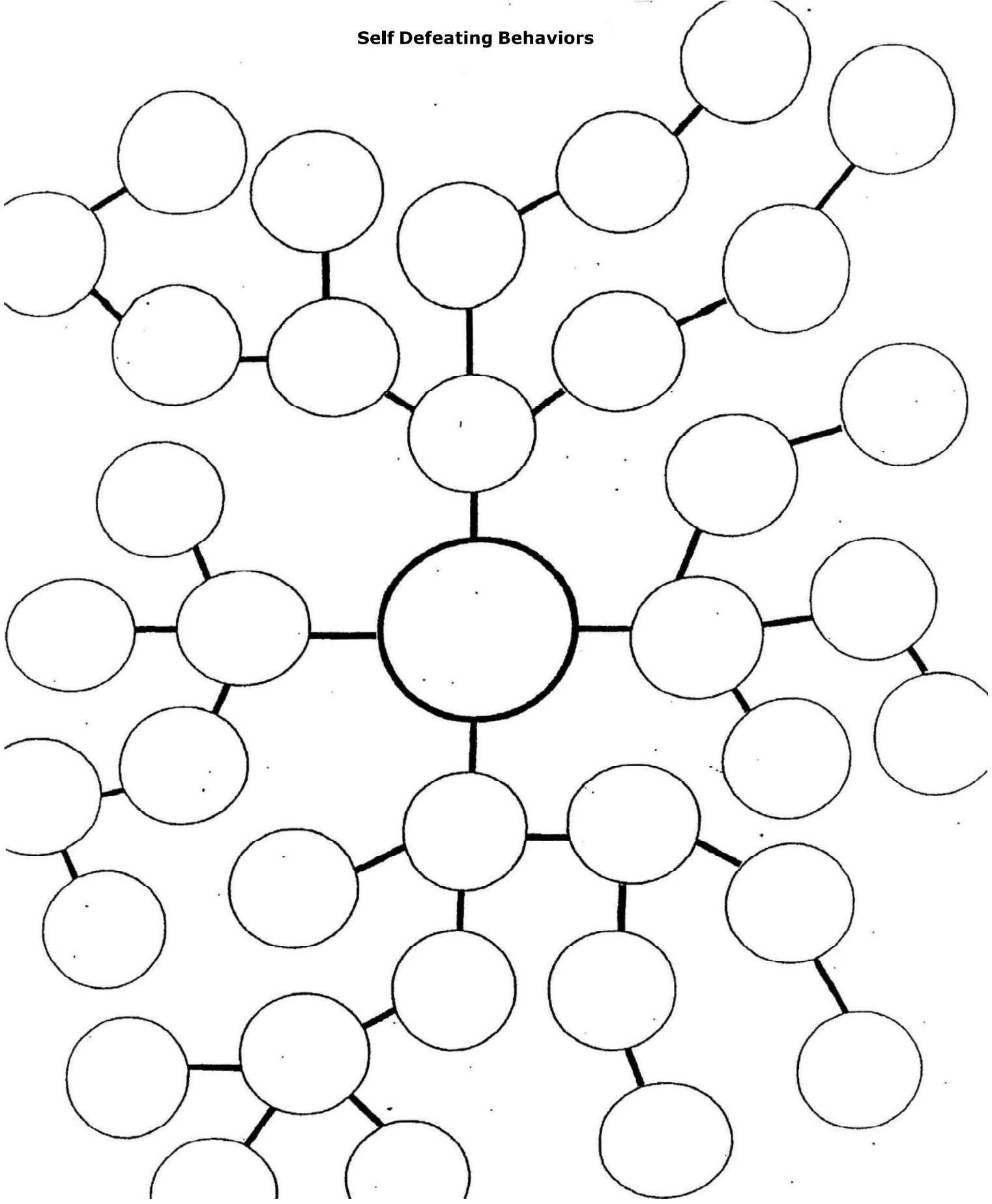
13. Movie "The Secret"

Addiction and Recovery

The Jellinek Curve



Self Defeating Behaviors



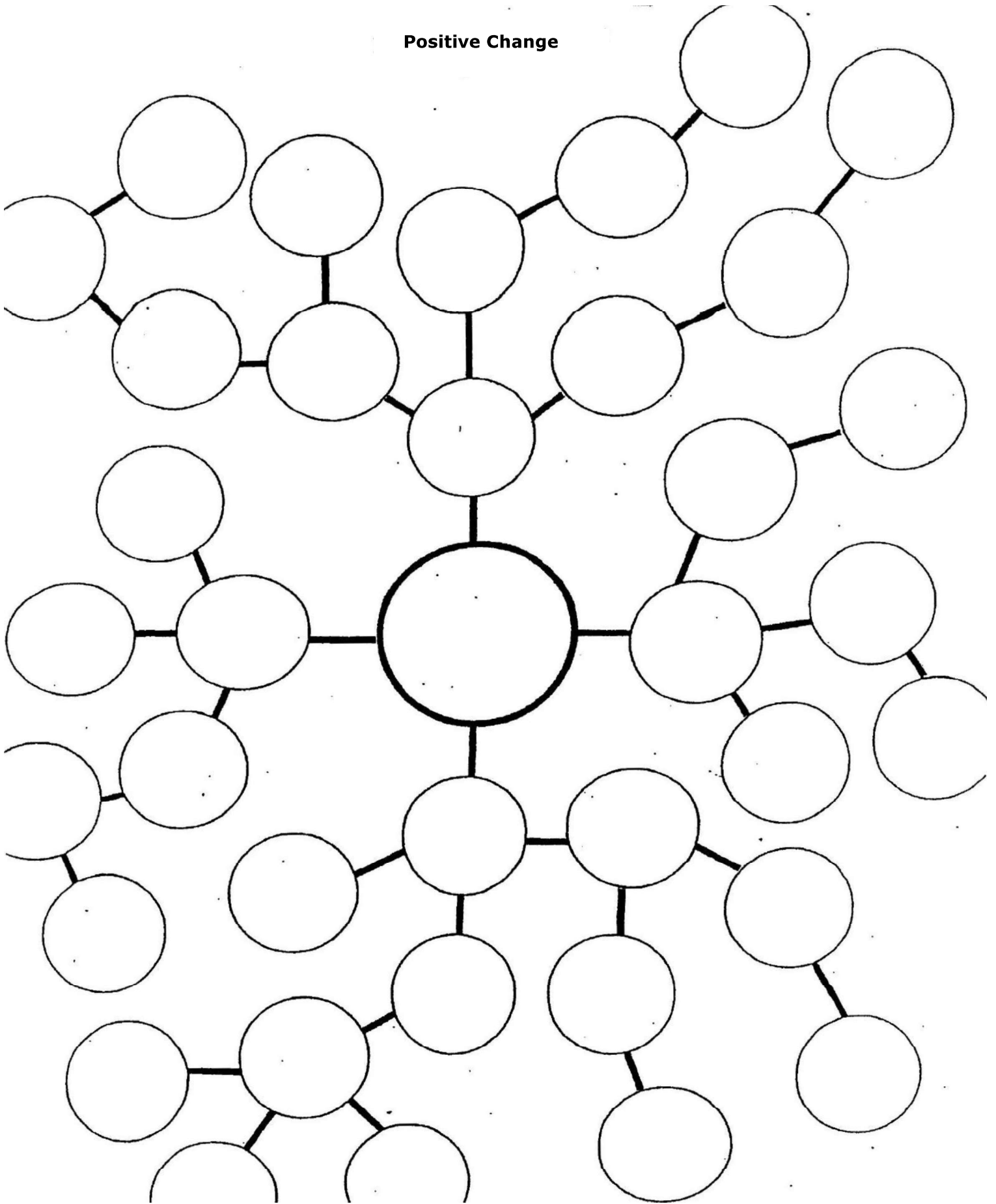
Name: _____ Date: _____

COST	BENEFIT
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Reinstatement fee _____
Driver's responsibility 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

Positive Change



From: Going Horne
Boothroyd, O, & Boothroyd, L(2004)
www.drboothroyd.com

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

Participant 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