

# RECOVERING CLIENT FOLLOW-UP

EAP CLIENT NAME: \_\_\_\_\_ EMPLOYER: \_\_\_\_\_ TREATMENT ADMIT: \_\_\_\_\_ D/C: \_\_\_\_\_

ABSTINENCE ANNIVERSARY: \_\_\_\_\_ DRUG OF CHOICE: \_\_\_\_\_ FAMILY MBR: \_\_\_\_\_

SUPERVISOR: \_\_\_\_\_ PHONE: \_\_\_\_\_ CLIENT PHONE: \_\_\_\_\_

DATE	Abstinent? Yes — No	Last EAP Contact	# of 12-Step Meetings Per Week	Has a Home Group?	No. of Spon- sors/Key 12- Step Contacts	Has a 12-Step Sponsor?	Days Since Last Spoke with Sponsor	Sponsorship Adds/Drops and Why?	Step in Recovery Working on Now?	12-Step Related Volunteer Activities	Has a Family Member in Alanon or Similar?	Antabuse or Naltrexone Use? Start or Stop? When?
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2												
3												
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12												

## Instructions

Make a copy of this sheet. Give one to the employee you are following up, keep one for yourself. Work on it together during each meeting. Your counseling will focus on content emerging from the items on the follow-up sheet.

### **Date**

Date of this interview with employee post-treatment.

### **Abstinent?**

Mark “yes” or “no”. Is the employee completely and continuously abstinent from alcohol and all cross-tolerant, cross-addictive drugs? Abstinence must include no consumption of any beverage alcohol products, medicinal products with ethyl alcohol as an ingredient, or other mood altering substances. Any consumption is a relapse if the body must metabolize the substance.

### **Last EAP Contact Date**

Last contact by phone or in-person with employee.

### **12-Step Meetings Per Week**

Mark number of meetings employee is attending per week. Note, as time goes by, diminished involvement in the number and quality of meetings will occur in virtually all relapse cases. Re-motivate employee early when meetings show pattern of diminishing involvement. This will protract the abstinence period.

### **Home Group**

Does the employee have a home group? Mark “yes” or “no”. A home group provides employee with an opportunity to establish closer relationships with those in recovery.

### **Have Sponsor Now?**

Does employee have a sponsor? Switching sponsors typically indicates problems with following sponsor recommendations, particularly if the number of meetings drops below three. Many will “fire” the “pigeon.”

### **Number of Sponsors?**

Some employees have more than one sponsor.

### **Days Since Last Spoke with Sponsor**

Frequency of contact with sponsor is an indicator of the quality of the recovery relationship and the likelihood of the relationship improving the chances of a successful experience in a 12-step program.

### **Sponsor Add/Drops**

Number of add and drops and the time between relationships should be examined. Frequent switching is problematic.

### **Step Working Now**

What step is the employee working on now? More importantly, what information can the employee provide the EA professional about progress on Steps. This can provide an indication of the quality of the step work.

### **12-Step Volunteer Activities**

Is the employee helping with 12-step volunteer activities? Setting up coffee pots, etc. Is employee participating in volunteer activities at the treatment program s/he attended.

### **Family Member in a 12-Step Program**

A possible measure of a more secure recovery program. Is the family member -- the spouse in particular -- participating in a recovery program? Has the spouse dropped out? Participation or non-participation does not detract from the employee’s responsibility for his/her recovery program.

### **Antabuse/Naltrexone Use?**

Very important recovery observation parameter. Was employee using antabuse upon discharge? How long did this last before it stopped? How many meetings are now being attended? Are there fewer coinciding with the stopped antabuse?