

Printable Version

A Clinician's Guide to Spotting Early Signs of Client Disengagement or Distress

EARLY INDICATORS CHECKLIST

BEHAVIORAL CHANGES

- Increased absenteeism or calling out sick
- Late arrivals or early departures
- Decreased participation in sessions or groups
- Isolating from peers or support network
- Avoiding responsibilities or daily routines

EMOTIONAL & COGNITIVE SHIFTS

- Heightened irritability or emotional reactivity
- Difficulty concentrating or staying present
- Loss of motivation or hopelessness
- Expressing apathy or detachment from goals
- Sudden mood shifts without clear cause

PERFORMANCE INDICATORS

- Drop in work or academic performance
- Missed assignments, deadlines, or treatment tasks
- Struggling with basic self-care (hygiene, meals, sleep)
- Forgetfulness or disorganized thinking

SOCIAL & RELATIONAL SIGNS

- Conflict with family, peers, or coworkers
- Resistance to supervision or support
- Expressing feelings of being misunderstood or alone
- Withdrawal from therapy or community activities

IF 3 OR MORE INDICATORS ARE CHECKED, CONSIDER THE FOLLOWING:

- Increase check-in frequency
- Introduce a structured support plan
- Refer for clinical evaluation or supervision consult
- Initiate early intervention strategies
- Explore contributing environmental/systemic factors

Use this checklist to recognize subtle shifts in behavior, mood, or performance that may indicate the need for early intervention. Designed to support proactive care and prevent crisis escalation.



© 2025 The Underrated Superhero LLC. All rights reserved. This infographic is for educational purposes only. It is not intended as a substitute for professional advice. V1.0