

# Pre-Relapse Safety Planning Worksheet

## Collaborative Risk Management for Justice-Involved Clients

### How to Use This Worksheet

Complete this WITH your client BEFORE a relapse occurs. Not having a plan doesn't prevent relapse — it just guarantees that when it happens, nobody knows what to do. Both parties receive a copy. Original stays in the clinical chart. Copy goes to the client for reference. Review and update regularly.

Client Name:

Date:

Court Date:

Probation Officer:

## 1 Know Your Triggers

*Identify the specific situations, feelings, and environments that increase relapse risk.*

High-Risk Situations:

Early Warning Signs:

What's Worked Before:

When you've successfully avoided use in the past, what did you do? What helped?

## 2 The Plan If It Happens

*This is not permission to use. This is a plan so that if it happens, you know exactly what to do next.*

First Person to Call:

Backup Contact:

What to Tell Your Counselor:

What do you want me to know if this happens? What do you need from me in that moment?

## 3 The Court Conversation

*Planning what to say to your PO before you need to say it. This is the hardest part — and the most important.*

What You'll Say to Your PO:

# Pre-Relapse Safety Planning Worksheet

Who Makes the Call:

Preferred Timing:

## 4 Increased Supports Already Agreed On

If relapse happens, these supports kick in immediately. Check all that apply.

- Increase session frequency from \_\_\_\_\_ to \_\_\_\_\_
- Add group sessions: \_\_\_\_\_
- Referral to higher level of care if needed: \_\_\_\_\_
- Increase drug testing frequency to \_\_\_\_\_
- Add or adjust medication-assisted treatment (discuss with prescriber)
- Daily check-ins for first \_\_\_\_\_ days
- Connect with recovery support: \_\_\_\_\_
- Other: \_\_\_\_\_

## 5 What This Plan Is and What It Isn't

Read. Make sure you understand both sides.

### This plan IS:

- A safety net you built for yourself
- Proof you're taking this seriously
- A way to stay in control of the narrative
- Something you can change as you grow

### This plan is NOT:

- Permission to use
- A guarantee of avoiding consequences
- A replacement for doing the work
- Set in stone — we review it regularly

## 6 Client Ownership

This is YOUR plan. You built it, you own it, and you can change it as you grow.

What I'm Willing to Do:

What Worries Me About This Plan:

We'll review this plan on:

Ownership Indicators: (for clinicians)

- Client had choices in developing this plan
- Plan uses client's own language and words
- Plan connects to client's personal goals (not just court requirements)
- Client knows they can modify this plan as needed