

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

ONE YEAR IN.

This month marks one year of The Underrated Dispatch. The numbers don't reflect a year — that's just honest data. What a year built: twelve issues, shipped on the 1st, two flagship series, free tools clinicians actually use, an audience that's small but real. What it taught: build for the people who show up, not the number you imagined.

Year two starts the same way — on the 1st, with tools you can use. This issue is pointed at August 31: International Overdose Awareness Day.

FEATURED RESOURCE

THE FAMILY RELAPSE TOOLKIT

Relapse doesn't happen to one person — it happens to a household. Four printable, clinician-ready worksheets for the system around the client: family relapse planning, healthy boundaries in prevention, a shared prevention plan, and recognizing early warning signs together. Built for family sessions, psychoeducation workshops, and aftercare planning.

The Quick Win works the individual. This works the system.

In the shop.

[GET THE FAMILY RELAPSE TOOLKIT](#)

BONUS SPECIAL: AI IN CLINICAL PRACTICE

The series continues — new posts August 1 and August 15.

The Foundation arc closed with the echo — the AI output hardest to catch because it agrees with you. This month the series enters its second stage: Recognition. Three frames are in the room every time AI touches your clinical work — and the one you can't see is yours. Then on August 15: what happens when you push back and the AI folds. **Spoiler** — the fold isn't evidence you found an error.

QUICK WIN TOOL OF THE MONTH

The High-Risk Toolkit
Three tools. One arc.

For International Overdose Awareness Day, this month's quick win isn't one tool — it's three, covering the full arc of relapse work. The Relapse Prevention Conversation Guide structures the conversation before crisis: triggers, coping strategies, what's worked and what hasn't. The Crisis Response Plan Template is a complete-in-advance plan — warning signs, immediate coping strategies, who to contact — on one page the client keeps. The Post-Relapse Reflection Worksheet treats relapse as data, not failure: what led up to it, which warning signs got missed, what changes now. Prevent. Respond. Reflect. Free for all subscribers.

IMPLEMENTATION NOTES

Build the crisis plan early — the first sessions, not the first crisis. A plan written during escalation is a plan written under pressure. And before you file it, ask the client one more question: who else should be able to read this?

Relapse Prevention Conversation Guide

Purpose: Provide clinicians with a structured framework for discussing relapse prevention with clients.

Client Name: _____ Date: _____

Step 1: Identifying High-Risk Triggers

- ☐ Stress
- ☐ Isolation
- ☐ Peer influence
- ☐ Triggers
- ☐ Emotional distress

Step 2: Developing Coping Strategies Which strategies work best for you?

- ☐ Mindfulness/grounding techniques
- ☐ Calling a trusted support person
- ☐ Engaging in physical activity
- ☐ Seeking a support group

What has helped you avoid relapse in the past? What didn't work? (Direct to client)

Step 3: Building an Emergency Plan

Who can you contact in a crisis? (List names)

What are the signs you will use after a relapse?

What will you do differently moving forward to prevent a relapse?

© 2026 The Underrated Dispatch LLC. All rights reserved.

[START WITH THE CONVERSATION GUIDE](#)

AUGUST MISSION UPDATES

- **One Year of the Dispatch (8/1)** — Vol 13 marks year one
- **AI in Clinical Practice (8/1, 8/15)** — The Recognition stage begins
- **Monthly Content Drop (8/15)**
- **New Clinician Survival Series returns (Sundays)** — 8/2, 8/9, 8/16, 8/23, 8/30 — five posts on authority
- **International Overdose Awareness Day (8/31)**
- **Speaking: ICB Fall Conference (10/21, Springfield)** — “The Judgment You Can't Outsource.” More next month.

Underrated Tactic: Ask Who Else Reads the Plan

A crisis plan only the client can find helps exactly as long as they can use it — and the moments it exists for are the moments people struggle to help themselves. So before you file this month's Crisis Response Plan Template, ask one more question: “Who else should be able to read this?” Let the client name their person, and make sure that person actually sees it. One question turns a chart document into a safety net.

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN AND THE FAMILY RELAPSE TOOLKIT