Family Recovery Summary

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person Of Concern (POC): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Age \_\_\_\_\_\_\_\_\_\_\_\_

Your Relationship to POC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Living with POC: Yes\_\_\_\_\_\_\_\_, No\_\_\_\_\_\_\_\_\_\_\_\_

Number of people living in your home \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of people in your family \_\_\_\_\_\_\_\_\_\_\_\_\_

Number of people who love and support the POC \_\_\_\_\_\_\_\_\_

Describe the recent concerning incident with POC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How long has problem been progressing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you see are factors that contribute to the problem:

* Stress (work, relationship, family, life changes, etc)
* Trauma
* Pain (physical, emotional)

How does the POC cope with the continuing factors?

What are the substances of concern with the POC?

* Alcohol
* Cocaine
* Meth
* Heroine / Fentanyl
* Marijuana
* Psychedelics
* Prescription medications
* Over the counter medication
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mental health disorders that have been diagnosed or that you suspect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Behaviors

* Mood swings
* Anxiety
* Depression
* Poor attention span
* Short temper
* Argumentative
* Lacks impulse control
* Defensive
* Secretive
* Socially withdrawn
* Abusive

Prior visits to/from

* Police
* Hospital
* Criminal Justice System

Level of threat / danger you feel for POC (1=none, 10=extreme)

To self: 1-10

To others: 1-10

To family: 1-10

Assuming you’ve seen concerning incidents over time, which patterns most fit?

* Single incident
* Multiple incidents
* Ups & downs
* Steady decline
* Relationship struggles
* Work struggles

Who else sees or has impact from the POC’s behavior?

What strategies have your tried with the POC?

* Beg and plead
* Avoid difficult conversations
* Threaten to leave
* Confront them
* Cut them off financially
* Fight/Argue
* Help w/ money
* Help by covering for them
* Do nice things for them they could do themself
* Forced hospitalization
* Other \_\_\_\_

What strategies have been most helpful?

What do you see is the impact to the family?

* Arguments
* Avoidance
* Multiple conversations w/ POC
* Private conversations between family members
* Strong differing of opinions
* A change in the routine of interpersonal connections
* Fewer meals or times of connection together
* More conflict
* POC disengages and leaves suddenly

How are you doing taking care of yourself? (1=very bad, 5=no change, 10=better than ever)

* Nutritious food, balanced diet
* Physical exercise
* Sleep
* Connecting with good friends
* Time away / alone

What would you like to see happen with POC and the family?