

Recovery Management Checkups and Support (RMCS) Information Sheet

Contact Info

Lora Passetti, Research Projects Manager
Chestnut Health Systems
448 Wylie Drive, Normal, IL 61761
Phone: 309-451-7804
Email: lpassetti@chestnut.org

Purpose of RMCS

- Provide recovery support and ongoing assessment for clients after the end of their primary treatment episode for substance use disorder(s)
- Facilitate involvement with pro-recovery peers and activities
- Monitor substance use and other concerns – detect relapse and other problems early
- Monitor implementation of continuing care recommendations
- Assertive linkage to services as needed
- Promote positive family relationships

History

- Recovery Management Checkups (RMC) are evidence-based
- Based on theory that long-term monitoring through regular checkups and early (re)intervention will facilitate early detection of relapse, reduce time to treatment re-entry, and improve long-term outcomes
- Checkups are proactive
- Found effective in three randomized trials
- Expanded to include support and more frequent contact in RMCS

Delivery

- RMCS is provided for up to 12-months post-treatment discharge
- Weekly support sessions for the first 90 days; frequency adjusted during the remaining time based on client's needs
- Sessions take place in person, in the community, over the phone, and by text messaging (as permitted by the provider)
- Urine screens obtained monthly
- Family support sessions are optional but recommended

Session Content

- Greeting and check-in
- Discussion of recent:
 - Participation in clean and sober activities
 - Time spent with clean and sober friends
 - Experiences with temptations/triggers
 - Substance use
 - Progress towards previously set goals
- Review of upcoming high-risk situations
- Goal-setting
- Assertive linkage to services as needed

Further Reading

- Dennis ML, Scott CK. Four-year outcomes from the Early Re-Intervention Experiment (ERI) with recovery management checkups (RMC). *Drug and Alcohol Dependence*. 2012;121(1):10-17.
- Dennis ML, Scott CK, Funk R. An experimental evaluation of recovery management checkups (RMC) for people with chronic substance use disorders. *Evaluation and Program Planning*. 2003;26(3):339-352.
- Garner BR, Godley, MD, Passetti LL, Funk RR, White WL. Recovery support for adolescents with substance use disorders: The impact of recovery support telephone calls provided by pre-professional volunteers. *Journal of Substance Abuse & Alcoholism*. 2014; 2(2):1010.
- Passetti LL, Green AR, White WL, Godley, M.D. (under review). The Volunteer Recovery Support for Adolescents (VRSA) experiment: Design and Implementation.
- Scott CK, Dennis ML. Results from two randomized clinical trials evaluating the impact of quarterly recovery management checkups with adult chronic substance users. *Addiction*. 2009;104(6):959-971.
- Scott CK, Dennis ML. Recovery management checkups with adult chronic substance users. In: Kelly J, White W, eds. *Addiction recovery management: Theory, science and practice*. New York: Springer Science; 2011:87-102.
- Scott CK, Dennis ML. The first 90 days following release from jail: Findings from recovery management checkups for women offenders (RMCWO) experiment. *Drug and Alcohol Dependence*. 2012;125(1):110-118.
- Scott CK, Dennis ML, Foss MA. Utilizing recovery management checkups to shorten the cycle of relapse, treatment reentry, and recovery. *Drug and Alcohol Dependence*. 2005;78(3):325-338.
- Scott CK, Dennis ML, Lurigio AJ. The effects of specialized probation and Recovery Management Check-Ups (RMCs) on treatment participation, substance use, HIV-risk behaviors, and recidivism among female offenders: Main findings of a three-year experiment using subject by intervention interaction analysis. *Journal of Experimental Criminology*. 2017:53-77.