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

- 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.