

COMPREHENSIVE RISK COUNSELING & SERVICES  
Prevention Plan

Client Name: Carol

Client ID#: 1116

CRCS Counselor ID#: 0004

Date: Oct / 19 /2005

Goal 1: I will reduce my drug use

Target Date: November 1, 2005

Objective 1: I want to enter into an out-patient drug addiction treatment program by November 1<sup>st</sup>

Action Step 1: I will check with counselor every day to see if he has found a spot in one of the programs.

Action Step 2: I will continue using my own needles every time I inject.

Action Step 3: I will use the referral to get clean needles on Saturday when the needle exchange is open.

Objective 2: I will attend at least one NA/AA meeting in the next 2 weeks.

Action Step 1: I will get information concerning times, dates, and locations of meetings from my CRCS counselor.

Action Step 2: I will talk to my CRCS counselor about what I thought about the meeting and whether it was useful for me.

Goal 2: I will use condoms every time I engage in sexual activity with exchange partners (Decrease high-risk sexual behaviors)

Target Date: January 6, 2006

Objective 1: By November 15<sup>th</sup>, I will attend at least two CRCS sessions to learn condom negotiation skills.

Action Step 1: Role play condom negotiation scenarios with my CRCS counselor at the next session

Action Step 2: This week, talk with friends about how they get their male partners and "johns" to use condoms .

Action Step 3: Today, get free condoms from the agency and have them on me when I am seeking money or drugs

Objective 2: I will attend the referral for a job training seminar on December 1<sup>st</sup>

Action Step 1: I will spend some time during my risk-reduction session discussing why I think I cannot get a job.

Action Step 2: I will discuss how to prepare for the seminar.

Client's Signature Carol

Date 10/19/2005

CRCS's Signature Maestro Evans

Date 10/19 / 2005