

Goals can be either short- or long-term, and generally involve changes in behaviors or attitudes (e.g., being monogamous, using condoms) that the client would like to accomplish in CRCS.

Instructions for Sample Prevention Plan Template – Appendix E2

Sample Prevention Plan Template Appendix E1

Client Name _____ **Client ID#** _____

CRCS Counselor _____ **Date** ____/____/20____

Goal 1 _____

Goals are broken up into short-term objectives (e.g., decreasing number of partners from 5 to 3 over the next two weeks, using condoms during 4 out of the next 5 sexual encounters in the next month, etc...). The objectives should be written in this space.

Target Date _____

Realistic target dates to accomplish goals should be established. However, they are not set in stone. The client and counselor are able to re-negotiate another target date if it is not met.

Objective 1 _____

Action Step 1 _____

Action Step 2 _____

Action Step 3 _____

Objective 2 _____

Good objectives are SMART, and therefore likely to provide clients with the confidence to continue with the difficult process of behavior change.

Action Step 1 _____

Action Step 2 _____

Goal 2 _____

In order to better help the client achieve his/her objectives and goals, the counselor will ask about things that might stand in the way, or act as a barrier, to success (e.g., being high on drugs or drunk during sex). Once the barriers are identified, action steps (e.g., substance abuse treatment, keeping a condom in wallet) should be developed in order to address those barriers. Barriers and action steps should be written in the space for session notes at the bottom of the page.

Target Date _____

Objective 1 _____

Action Step 1 _____

Action Step 2 _____

Objective 2 _____

Action Step 1 _____

Action Step 2 _____

Client's Signature _____ **Date** _____

The client and counselor should both sign the Prevention Plan. A copy of the plan should be given to the client.

CRCS's Signature _____ **Date** _____

This form will be used during visits with the client when the client's risk-reduction goals are first identified, as well as during any follow-up visits in which goals are discussed. For each identified goal, counselors should fill out a separate Initial Risk Reduction Session form. Depending on the client's needs, counselors should help the client focus on no more than three goals at a time.

