



**Australian Government**

**Assessment Requirements for CHCAOD007  
Develop strategies for alcohol and other  
drugs relapse prevention and management**

**Release: 1**

# Assessment Requirements for CHCAOD007 Develop strategies for alcohol and other drugs relapse prevention and management

## Modification History

Release	Comments
Release 1	<p>This version was released in <i>CHC Community Services Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.</p>

## Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be demonstrated evidence that the candidate has:

- conducted a relapse planning session with at least 2 clients with alcohol and/or drug issues that incorporate supporting clients with:
  - problem solving
  - goal setting
  - coping
  - self monitoring and management
  - recognising and managing cravings
  - cognitive restructuring
  - harm minimisation
- used effective communication skills, including:
  - empathy
  - open questioning
  - reflective listening
  - summarising

## Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (international, national, state/territory, local) in relapse prevention and management work, and how these are applied in organisations and individual practice:
  - children in the workplace
  - codes of conduct
  - codes of practice
  - discrimination
  - dignity of risk
  - duty of care
  - human rights
  - informed consent
  - mandatory reporting
  - practice standards
  - privacy, confidentiality and disclosure, including limitations
  - policy frameworks
  - records management
  - rights and responsibilities of workers, employers and clients
  - specific AOD legislation
  - work role boundaries – responsibilities and limitations
  - work health and safety
- roles and responsibilities of different people in the relapse prevention process, including scope of own role
- principles of:
  - effective communication, including motivational interviewing, active listening and questioning
  - crisis management
  - harm minimisation
- effects of AOD and the behavioural responses associated with AOD issues
- models of relapse prevention
- factors that typically trigger relapse
- factors that influence substance use, including environmental, cultural, economic and individual that are risk factors for relapse
- risk assessment and management considerations including ways of minimising risk:
  - environmental
  - physical
  - physiological
- relapse/lapse management strategies for:
  - managing cravings and urges
  - identifying and challenging thoughts
  - problem solving
  - goal setting

- building positive relationships
- pharmacotherapies and other therapies to assist in relapse prevention
- strategies to assist with harm minimisation to client and others

## **Assessment Conditions**

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. The following conditions must have been met for this unit:

- use of suitable facilities, equipment and resources, including:
  - risk assessment tools/forms
  - client treatment plans
  - organisation policies and procedures
- modelling of industry operating conditions, including:
  - involvement of people with whom the candidate can interact
  - scenarios that cater to a range of settings, including crisis situations

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

## **Links**

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>