



Australian Government

CHCAOD007 Develop strategies for alcohol and other drugs relapse prevention and management

Release: 1

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Modification History

Release	Comments
Release 1	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. Significant changes to elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

Application

This unit describes the skills and knowledge required to work collaboratively with clients to develop strategies for preventing and managing relapse, should it occur, as well as ways to deal effectively with potentially harmful behaviour.

This unit applies to workers who develop strategies with, and for, clients with alcohol and other drugs (AOD) issues within established organisation guidelines.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element

1. Explore relapse prevention

1.1 Review client information to inform relapse prevention work

1.2 Prepare client for the possibility of relapse as a common experience

1.3 Determine any previous relapse prevention strategies used by the client

1.4 Determine stakeholders to be included in the relapse prevention process, in consultation with the client

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element

2. Identify potential risks

2.1 Identify and discuss potential relapse triggers with the client

2.2 Determine environmental factors that could contribute to client responses

2.3 Identify circumstances that could cause potentially harmful behaviour to client and others

2.4 Complete a risk assessment process in conjunction with client according to organisation protocols

3. Develop relapse prevention and management strategies

3.1 Research and evaluate a range of support strategies and identify the most suitable to meet client's needs

3.2 Work with client in a manner that promotes client participation and respects client's insights and experiences

3.3 Work collaboratively with client to select most appropriate relapse prevention strategies

3.4 Work with client to identify relapse management strategies and contingency plans if difficulties are encountered, including harm minimisation

4. Report and document information

4.1 Accurately record strategies in individual treatment plan according to organisation protocols

4.2 Follow privacy and confidentiality requirements when reporting feedback

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>

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

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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

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