



CHAMP BA “Cheat Sheet” for Regular Sessions

	Task Elements	Suggested Time Allotment	Handy Reminders
✓	Review Assessments of: <ul style="list-style-type: none"> o Mental health symptoms o Medication Compliance o Opiate craving/use 	5 – 7 minutes	Anything contributing to de-activation? <ul style="list-style-type: none"> o If so, use the information when reviewing the past week’s work o Address it when planning the next week’s goals and activities
✓	Review Daily Monitoring Form and Weekly Schedule <ul style="list-style-type: none"> o How did things go? o How felt doing activities? o <u>Any unexpected use risks?</u> o Anything wanted to do but didn’t? Trouble-shoot as needed <ul style="list-style-type: none"> o What got in the way? o Was the goal too ambitious? o Is it still a desired goal? o <u>Recurrence of use?</u> 	15 minutes	What to listen for and perhaps comment on: <ul style="list-style-type: none"> o Any hesitations or concerns that may need further attention o Anything that went well or was easier than anticipated? Look-out for: <ul style="list-style-type: none"> o Avoidance and/or Rumination/worry o If yes to either, is it related to the “trouble-shoot issues” or is it something else? o If it’s either a <u>Recurrence of Use</u> or something else, drill down to understand it with a functional analysis
	If the Forms weren’t completed/no monitoring was done.... <ul style="list-style-type: none"> o Do them in session OR use preferred alternative o Come up with a plan for success for next week OR problem-solve an alternative way of tracking 	(15 minutes)	Explore barriers: <ul style="list-style-type: none"> o What got in the way of tracking? o If necessary, use a functional analysis to understand the issues o If identifying moods was an issue, use the here/now sensory exercise and work out a plan for using it in day-to-day life
✓	Planning Activities <ul style="list-style-type: none"> o Identify goals for the week o Make detailed plan for 2-3 activities o Specify when plan to do activities in Weekly Schedule o Provide skills coaching as needed 	15 minutes	Tips for successful goal selection: <ul style="list-style-type: none"> o Should be consistent with overarching long-term goals and values o <u>Address potential use risks in planning</u> o <u>Keep recovery goals front and center</u> o Get very specific regarding how goals/activities are to be accomplished o Could include family/work obligations for sense of mastery and/or structure
✓	Discussion of Homework, Questions, and Feedback	5 minutes	End on a positive note: <ul style="list-style-type: none"> o Find genuine things to reinforce and do so o Solicit feedback about how session felt, about how patient feels treatment is going o If indicated, ask what might improve the experience o Express optimism about their path forward

