

# ASSESSMENTS

## WHAT IS IT?

An assessment is a meeting between an employee and a counselor. The counselor asks questions to determine if an individual's use is problematic and to determine what level of treatment is needed, if any. It can be done in-person, by phone, or via a tele-counseling session.

## WHO IS IT FOR?

An assessment can be mandated by work, court, or school, suggested by a family member, or be voluntary. Employee who are absent a lot, have lower productivity, and have positive drug screens may be candidates.

## THE PROCESS

### Screen for a problem:

"Do you think you have a problem? Has anyone expressed concern with your alcohol / drug use?"

### How bad is the problem?

Questions focus on the substance(s) used, quantity, frequency, duration, impacts on life, job, school, relationships, health, and gauges the context of use.

### Questions focus on:

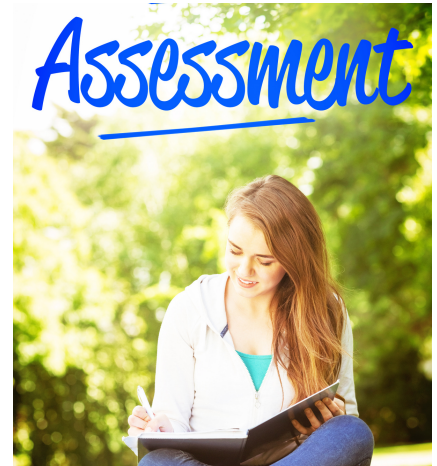
History of use, previous treatment, risk of future use, medical and mental health concerns, support to make positive life changes, living environment, legal issues, employment problems, and relationship problems.

### Referrals:

Results are quickly reviewed and a comprehensive treatment plan can then be developed.

### Possible Next Steps:

- Detox and stabilization
- Drug or Alcohol Education Classes
- Outpatient Treatment / Intensive Outpatient Counseling
- Residential (In-Patient) Treatment
- Medication Management
- Support Groups/Meetings



## HOW DO I SET IT UP?

Call 603-532-9888 to schedule an assessment or fill out a request form:

[realitychecknow.org/information](https://realitychecknow.org/information)

Assessments can be done at your worksite, at our offices, or by using a virtual platform.

## HOW DOES THIS HELP MY EMPLOYEES?

If you suspect an employee struggling with substance use issues impacting work performance, an assessment may be needed.

When is a good time? After a worksite accident, after documentation shows poor performance, after a failed drug screen, or when an employee comes to you for help with drug and/or alcohol issues.