

INCENTIVIZED GOAL-RELATED ACTIVITIES

PEER-CM Project: Participant Handout

December 2024

GOALS AND ACTIVITIES ARE ORGANIZED ACROSS THE FOLLOWING 6 DOMAINS:

- Domain 1: Overdose/Overamping Prevention and Risk Reduction Planning
- Domain 2: Substance Use/Recovery Supports
- Domain 3: Daily Living, Routines, and Housing
- Domain 4: Education, Employment, and Finances
- Domain 5: Mental, Physical, and Spiritual Health
- Domain 6: Social, Recreational, Relationships, and Family

Domain 1: Overdose/Overamping Prevention and Risk Reduction Planning

Goal	Incentivized Activity	Activity Completed
Make plans to prevent overdose / overamping	<ul style="list-style-type: none">▶ Complete overamping prevention training and create a written plan• Meet in a place where you can have an in-depth conversation with few interruptions.• Use template provided.• Peer can print plan, send plan by text, or document in RecoveryLink.• Include details about picking up harm reduction supplies, getting naloxone refills, supporting each other, etc. (guidance in template)	<input type="checkbox"/>
	<ul style="list-style-type: none">▶ Complete overdose prevention training and create a written plan• Meet in a place where you can have an in-depth conversation with few interruptions.• Use template provided.• Peer can print plan, send plan by text, or document in RecoveryLink.• Include details about picking up harm reduction supplies, getting naloxone refills, supporting each other, etc. (guidance in template)	<input type="checkbox"/>
	<ul style="list-style-type: none">▶ Do “teach-back” of key counseling handout points (or teach another person) and demonstrate overdose reversal	<input type="checkbox"/>

Goal	Incentivized Activity	Activity Completed
Update and revise overdose and/or overamping prevention plans	<ul style="list-style-type: none"> ▶ Review personal plan with peer (including plan for supplies refills) and make updates • Meet in a place where you can have an in-depth conversation with few interruptions. • Occurs at least one month after the overdose/overamping plan was developed. 	<input type="checkbox"/>
Make a plan for substance use or risk reduction	<ul style="list-style-type: none"> ▶ Create a written substance use/risk reduction plan aside from overdose/overamping • Meet in a place where you can have an in-depth conversation with few interruptions. • Use template provided. • Peer can print plan, send plan by text, or document in RecoveryLink. • Include details about specific activities related to reducing substance use or using more safely; may include plan for supports needed (plan for accessing safer use supplies, changing use to reduce wounds or infectious disease, changing patterns to reduce use, contacting support people, etc) 	<input type="checkbox"/>

Domain 2: Substance Use / Recovery Supports

Goal	Incentivized Activity	Activity Completed
Start treatment of choice	▶ Schedule intake or appointment with a treatment program or addiction medicine provider	<input type="checkbox"/>
	▶ Attend intake or appointment with a treatment program or addiction medicine provider	<input type="checkbox"/>
	▶ Start medication for substance use like methadone, buprenorphine, naltrexone	<input type="checkbox"/>
Engage in recovery events	▶ Attend a mutual support meeting (such as 12-step, Smart Recovery)	<input type="checkbox"/>
	▶ Attend a recovery event or services	<input type="checkbox"/>

Goal	Incentivized Activity	Activity Completed
Engage in culturally specific services	▶ Attend a culturally specific event or service	<input type="checkbox"/>
	▶ Attend sweat lodge, talking circle, or drum circle	<input type="checkbox"/>
Identify a recovery sponsor/elder/support person	▶ Identify a recovery support person and ask for their phone number	<input type="checkbox"/>
	▶ Meet with recovery support person by phone or in person	<input type="checkbox"/>
Refer someone else to services	▶ Bring someone from social circles in or tell someone about services • Can include peer-delivered services, culturally specific services, or other treatment and recovery services	<input type="checkbox"/>

Domain 3: Daily Living, Routines, and Housing

Goal	Incentivized Activity	Activity Completed
Get driver's license	▶ Gather information about what is needed to get driver's license. For example: • Go online to locate the steps to getting a driver's license. • Explore if there are any outstanding tickets to be paid. • Go to DMV or online to request the driver's written test workbook.	<input type="checkbox"/>
	▶ Complete requirements to get driver's license. For example: • Pay outstanding ticket(s) • Gather necessary documents (e.g., birth certificate) • Complete the application form • Schedule driving test	<input type="checkbox"/>

Goal	Incentivized Activity	Activity Completed
	▶ Complete driving test	<input type="checkbox"/>
Get ID card	▶ Gather information about what is needed to get ID card. For example: <ul style="list-style-type: none"> Go online to locate the steps to getting ID card. Gather required documents for appointment. 	<input type="checkbox"/>
	▶ Complete requirements to get ID card. For example: <ul style="list-style-type: none"> Gather necessary documents (e.g., birth certificate) Complete the application form Schedule appointment 	<input type="checkbox"/>
	▶ Go to DMV and complete steps to get ID card	<input type="checkbox"/>
Improve access to food	▶ Gather information to sign up for Supplemental Nutrition Assistance Program (SNAP)	<input type="checkbox"/>
	▶ Complete requirements to sign up for SNAP.	<input type="checkbox"/>
	▶ Sign up for SNAP	<input type="checkbox"/>
Secure housing	▶ Gather information about programs. For example: <ul style="list-style-type: none"> Gather necessary documents (e.g., eligibility paperwork) Schedule meeting with housing counselor Meet with housing counselor 	<input type="checkbox"/>
	▶ Complete requirements to secure housing. For example: <ul style="list-style-type: none"> Gather necessary documents (e.g., birth certificate) Complete the application form Schedule appointment 	<input type="checkbox"/>

Goal	Incentivized Activity	Activity Completed
	► Apply for Public Housing and Housing Choice Vouchers (Section 8) at local Public Housing Agency	<input type="checkbox"/>
	► Apply for other housing (e.g., Oxford, low-income)	<input type="checkbox"/>
Improve legal status	► Attend appointment with probation/parole officer	<input type="checkbox"/>
	► Gather information about legal record. For example: <ul style="list-style-type: none"> • Request information about active warrants 	<input type="checkbox"/>
	► Complete requirements to improve legal status: For example: <ul style="list-style-type: none"> • Resolve active warrants • Attend classes (e.g., MRT) and complete other stipulations of probation 	<input type="checkbox"/>
	► Attend appointment with DHS case worker	<input type="checkbox"/>

Other non-incentivized activities in Domain 3:

- Paying legal or probation/parole monthly fees

Domain 4: Education, Employment, and Finances

Goal	Incentivized Activity	Activity Completed
Further education	► Gather information about exams, courses, programs	<input type="checkbox"/>
	► Complete requirements for this goal. For example: <ul style="list-style-type: none"> • Complete financial aid forms • Register for classes 	<input type="checkbox"/>
Get specialized training	► Gathering information about certification, trainings, courses, and programs	<input type="checkbox"/>

Goal	Incentivized Activity	Activity Completed
	<ul style="list-style-type: none"> ▶ Complete requirements for this goal. For example: <ul style="list-style-type: none"> • Complete financial aid forms • Register for programs 	<input type="checkbox"/>
Secure a job	<ul style="list-style-type: none"> ▶ Gather information about securing a job. For example: <ul style="list-style-type: none"> • Identify jobs, make lists, circle ads in newspaper • Explore temp agency opportunities • Meet with a job counselor 	<input type="checkbox"/>
	<ul style="list-style-type: none"> ▶ Complete requirements for securing a job. For example: <ul style="list-style-type: none"> • Develop resume • Arrange for references • Gather information to ensure eligibility for employment (e.g., SS card) 	<input type="checkbox"/>
	<ul style="list-style-type: none"> ▶ Submit applications at specific places of employment 	<input type="checkbox"/>
	<ul style="list-style-type: none"> ▶ Go to job interviews 	<input type="checkbox"/>
Volunteer	<ul style="list-style-type: none"> ▶ Gather information about volunteer opportunities 	<input type="checkbox"/>
	<ul style="list-style-type: none"> ▶ Sign up to volunteer 	<input type="checkbox"/>
	<ul style="list-style-type: none"> ▶ Go to volunteer opportunity 	<input type="checkbox"/>
Open a checking / savings account	<ul style="list-style-type: none"> ▶ Identify bank or credit union 	<input type="checkbox"/>
	<ul style="list-style-type: none"> ▶ Open an account 	<input type="checkbox"/>

Other non-incentivized activities in Domain 4:

- Go to work regularly
- Miscellaneous (meet with boss, straighten out work schedule, give boss proof of tax status)

Domain 5: Mental, Physical, and Spiritual Health

Goal	Incentivized Activity	Activity Completed
Prevent or address physical health care concerns	▶ Enroll in OHP/Medicaid	<input type="checkbox"/>
	▶ Make a doctor (primary care or specialist), dentist, eye appointment	<input type="checkbox"/>
	▶ Attend doctor (primary care or specialist), dentist, eye appointment	<input type="checkbox"/>
	▶ Complete follow-up health care appointment activities. For example: <ul style="list-style-type: none"> • Fill prescription(s) • Complete recommended testing (e.g., blood draw) • Collect test results 	<input type="checkbox"/>
	▶ Get screened for Hepatitis C, HIV, or syphilis	<input type="checkbox"/>
	▶ Start Hepatitis C medication (if applicable)	<input type="checkbox"/>
Access mental health care and supports	▶ Schedule intake or appointment with a mental health provider.	<input type="checkbox"/>
	▶ Attend intake or appointment with a mental health provider	<input type="checkbox"/>
	▶ Start medication (if applicable)	<input type="checkbox"/>
	▶ Make plan to help with taking medications consistently, when to contact crisis line, etc.	<input type="checkbox"/>

Goal	Incentivized Activity	Activity Completed
Build connection to spirituality	▶ Explore options for building spiritual connections	<input type="checkbox"/>
	▶ Attend events to build spiritual connections	<input type="checkbox"/>

Domain 6: Social, Recreational, Relationships, and Family

Goal	Incentivized Activity	Activity Completed
Build or strengthen relationships with children and other family members	▶ Go on outings with (grand)child. For example: <ul style="list-style-type: none"> Go to the park Go to church Go on a walk 	<input type="checkbox"/>
	▶ Visit or assist relative. For example: <ul style="list-style-type: none"> Nursing home or prison visit Take relative to medical appointment 	<input type="checkbox"/>
	▶ Write a letter to relative	<input type="checkbox"/>
	▶ Attend social events with specific relatives	<input type="checkbox"/>
Engage in positive activities	▶ Make list of leisure, recreational, exercise activities to do. Example of activities may include: go to gym, walk in the park, call friend	<input type="checkbox"/>
	▶ Attend leisure, recreational, or exercise activities	<input type="checkbox"/>
	▶ Complete or work on art/craft	<input type="checkbox"/>