[Insert organisation name/logo]

# COMMITMENT TO TREATMENT TEMPLATE

I,

 **[Insert client name]**

agree to make a commitment to the treatment process. I understand that this means that I have agreed to be actively involved in all aspects of treatment including:

* Attending sessions (or letting my drug and alcohol worker know when I can’t make it)
* Setting goals
* Not leaving the service without appropriate permission (if applicable)
* Voicing my opinions, thoughts and feelings honestly and openly with my drug and alcohol worker (whether they are negative or positive)
* Being actively involved during sessions
* Completing homework assignments
* Taking my medications as prescribed (if applicable)
* Experimenting with new behaviours and new ways of doing things
* Implementing my Safety Plan and Keep Safe Strategies where necessary.

I also understand and acknowledge that, to a large degree, a successful treatment outcome depends on the amount of energy and effort I make. If I feel that treatment is not working, I agree to discuss it with my drug and alcohol worker and attempt to come to a common understanding as to what the problems are and identify potential solutions. In short, I agree to make a commitment to living. This agreement will apply for the next three months, at which time it will be reviewed and modified.

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| **Client signature**  |  | **Date** |  |
| **Client name** |  |

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| **Staff member signature** |  | **Date** |  |
| **Staff member name** |  |

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| **Review**  |
| **Date****[insert review due dates]** | **Staff member name**  | **Detail****[insert details of the review]** |
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Reference:

Suicide Assessment Kit (SAK). Deady, M., Ross, J. & Darke, S. (2011) Sydney, National Drug and Alcohol Research Centre (NDARC).