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## Check-In and Check-Out

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### CHECK-IN

*Since your last session . . .*

1. How are you **feeling**?
2. What **good coping** have you done?
3. Any **substance use** or other **unsafe behavior**?
4. Did you complete your **commitment**?
5. **Community resource** update?

### CHECK-OUT

1. **Name one thing** you got out of today's session (and any problems with the session).
2. What is your new **commitment**?
3. What **community resource** will you call?