

Instructions for using R.A.C.E form:

1. Recognize - Identify one high-risk person, place, or thing.

This process should be related to the behavioral analysis. You might direct the offender toward selecting the most problematic or riskiest situation.

2. Develop an action plan to avoid the high-risk influence.

Can the offender reasonably avoid this high-risk influence? If YES, make sure the offender has the skills needed to avoid the high-risk influence; if NO, skip to step 3. Use the steps from problem solving to work through the action plan to avoid the high-risk situations. Remember, avoidance is NOT a passive process. It is very proactive.

3. Develop an action plan for coping with the high-risk influence.

Similar to the problem-solving steps followed in #2 above, create an action plan to manage if the offender is in a situation involving the highrisk influence or if the influence CANNOT be avoided (e.g., the setting is the workplace or the influence is a family member). Repeat the 6 steps of problem-solving (see Chapter 5 and Appendix) using the problem solving worksheet. It is important that the offender complete the problem-solving steps for coping with the high-risk influence even if he or she has completed the steps for avoiding it. The offender must also have a contingency plan if the avoidance plan fails.

4. Evaluate the outcome.

Encourage the offender to praise or reward himself or herself immediately for attempting a new behavior (whether avoidance, new coping skills, or new thoughts) or successfully implementing the plan and avoiding irresponsible behavior. If avoidance or the coping skills did not seem to reduce risk, figure out if the skills need to be refined or new approaches need to be put into place.