

RELAPSE PREVENTION AND ONGOING RECOVERY SUPPORT

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SELF-CARE

How are you taking care of yourself?



LEARNING OBJECTIVES

- Describe key principles of relapse prevention and identify factors that can contribute to a lapse or relapse.
- Recognize at least two warning signs or characteristics associated with relapse.
- Identify strategies for developing individualized relapse prevention plans.



STAGES OF CHANGE

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Lapse
- Relapse



RELAPSE PREVENTION GOALS

- Preventing an initial lapse and maintaining abstinence or harm reduction goals
- Provide lapse management if a lapse occurs to prevent further relapse

RELAPSE PREVENTION PRINCIPLES

- Relapse is a gradual process with distinct stages
- Recovery is a process of personal growth with developmental milestones
- The main tools are cognitive therapy and mind-body relaxation which are used to develop healthy coping skills
- Most relapse prevention plans operate in terms of a few basic rules - change your life, be completely honest, ask for help, practice self-care, and don't bend the rules



DETERMINANTS OF LAPSE AND RELAPSE

- Self-efficacy
- Emotional states
- Cravings
- Social support
- Lifestyle

DETERMINANTS OF LAPSE AND RELAPSE

HOW ARE YOU
HELPING CLIENTS
COPE WITH HIGH
RISK SITUATIONS?



EMOTIONAL RELAPSE

- Bottling up emotions
- Isolating
- Not going to meetings/Going to meetings but not sharing
- Focusing on others' problems
- Poor eating and sleep

EMOTIONAL RELAPSE

Let's talk about self-care...

Have you been feeling restless, irritable, ...? How does it affect your recovery?

How have you been working on managing your emotions? Have there been any times where it's been difficult?

How's it going with friends and family? Have you been hanging out with them? Are you getting the support you need?



EMOTIONAL RELAPSE

HOW ARE YOU
MODELING SELF-CARE?
HOW DO YOU TALK
WITH CLIENTS ABOUT
WHAT SELF-CARE IS
AND WHY IT'S
IMPORTANT?



EMOTIONAL RELAPSE

WHAT ARE COMMON TRIGGERS FOR RELAPSE?

(Melemis, 2015)



EMOTIONAL RELAPSE

H - HUNGRY

A - ANGRY

L - LONELY

T - TIRED

EMOTIONAL RELAPSE

Are you
starting to feel
exhausted
again?

Do you feel
that you're
being good
yourself?

Are you putting
time aside for
yourself or are
you getting
caught up in life?

How are you
having fun?



MENTAL RELAPSE

- Cravings for drugs and alcohol
- Thinking about people, places and things associated with past use
- Minimizing consequences of past use or glamorizing past use
- Bargaining
- Lying
- Thinking of ways to better control using
- Looking for relapse opportunities
- Planning to relapse

COGNITIONS + RELAPSE

My problem is
because of other
people

I don't think I can
handle life
without using

Life won't be fun - I
won't be fun -
without using

Maybe I can
just use
occasionally

I'm worried I'll turn
into someone I don't
like

I don't want to
abandon my family

COGNITIONS + RELAPSE

My cravings will be overwhelming - I won't be able to resist them

If I stop, I'll only start up again - I never finished anything

I can't make all the necessary changes. I can't change my friends

Recovery is too much work

No one has to know if I relapse

I've been so damaged by my addiction I won't be able to recover

MENTAL RELAPSE

People on a recovery journey can have cravings for drugs and/or alcohol. When's the last time you had a craving? How did it affect you?

When you have cravings who can you reach out to for support? What would be helpful for them to say or do?

Having occasional, brief thoughts about using in a normal part of the recovery journey

What are some situations where you think about using again?



PHYSICAL RELAPSE

- ▶ Starts using again
- ▶ Lapse versus relapse
- ▶ Relapse of opportunity

PHYSICAL RELAPSE

Recovery is hard and there might be times you slip. Remember that a slip doesn't have to lead to you using again. If you have a slip, reach out for support.

Sometimes people can find themselves in a situation where they can use and not get caught. What are some of these situations for you? Lets talk about exit strategies for these situations



FEAR + RELAPSE

- Fear of not measuring up
- Fear of being judged
- Fear of feeling like a fraud and being discovered
- Fear of not knowing how to live in the world without drugs and alcohol
- Fear of success
- Fear of relapse

FEAR + RELAPSE

It's hard to take steps forward on a recovery journey if one doubts themselves and their ability to change. Do you ever think this?

The recovery journey can be scary and fear might creep in. Has this happened for you? What are some things you worry about?

Sometimes people fear they'll be judged if they have a lapse or relapse. When this happens it can become a barrier to getting help. What can you do if you're worried about being judged but know you need help?



REDEFINING FUN

As people take steps forward on their recovery journey, they often have to redefine fun.

Who can you hang out with who doesn't use _____?

How are you having fun?

How does it impact you when you think about the "fun" of using _____?

Let's think of some things you can do by yourself or with friends that don't involve _____



LEARNING FROM SETBACKS

- Not setting healthy boundaries
- Not asking for help
- Not avoiding high risk situations
- Not practicing self-care

LEARNING FROM SETBACKS

Life isn't always taking steps forward. Sometimes we get stuck. Sometimes we take a step backwards. When we have setbacks or encounter barriers, it's important we don't let them get the best of us. What are some ways to do this?

It can be hard to reach out when we really need help. Who can you reach out to that you know has your back and won't judge you?

Setbacks don't mean you failed. We all have setbacks. If we judge ourselves for failing it's hard to learn from those setbacks. What can you do when you're tempted to judge yourself?



LEARNING FROM SETBACKS

HOW DO YOU SHOW
YOURSELF
COMPASSION? HOW
ARE YOU CONVEYING
COMPASSION AND
EMPATHY WHEN A
CLIENT RELAPSES?



RELAPSE PREVENTION PLANS

- Triggers
- Warning signs
- Coping skills
- Reasons to remain sober
- A safe place to go after using again
- Schedule of local support group meetings
- Locations of local emergency services
- Hotline numbers or crisis lines



RELAPSE PREVENTION PLANS

- Identifying and coping with high-risk situations
- Enhancing self-efficacy
- Eliminating myths and placebo effects
- Lapse management
- Cognitive restructuring
- Balanced lifestyle and positive addiction
- Stimulus control techniques
- Urge management techniques
- Relapse road map

RELAPSE PREVENTION ROADMAP



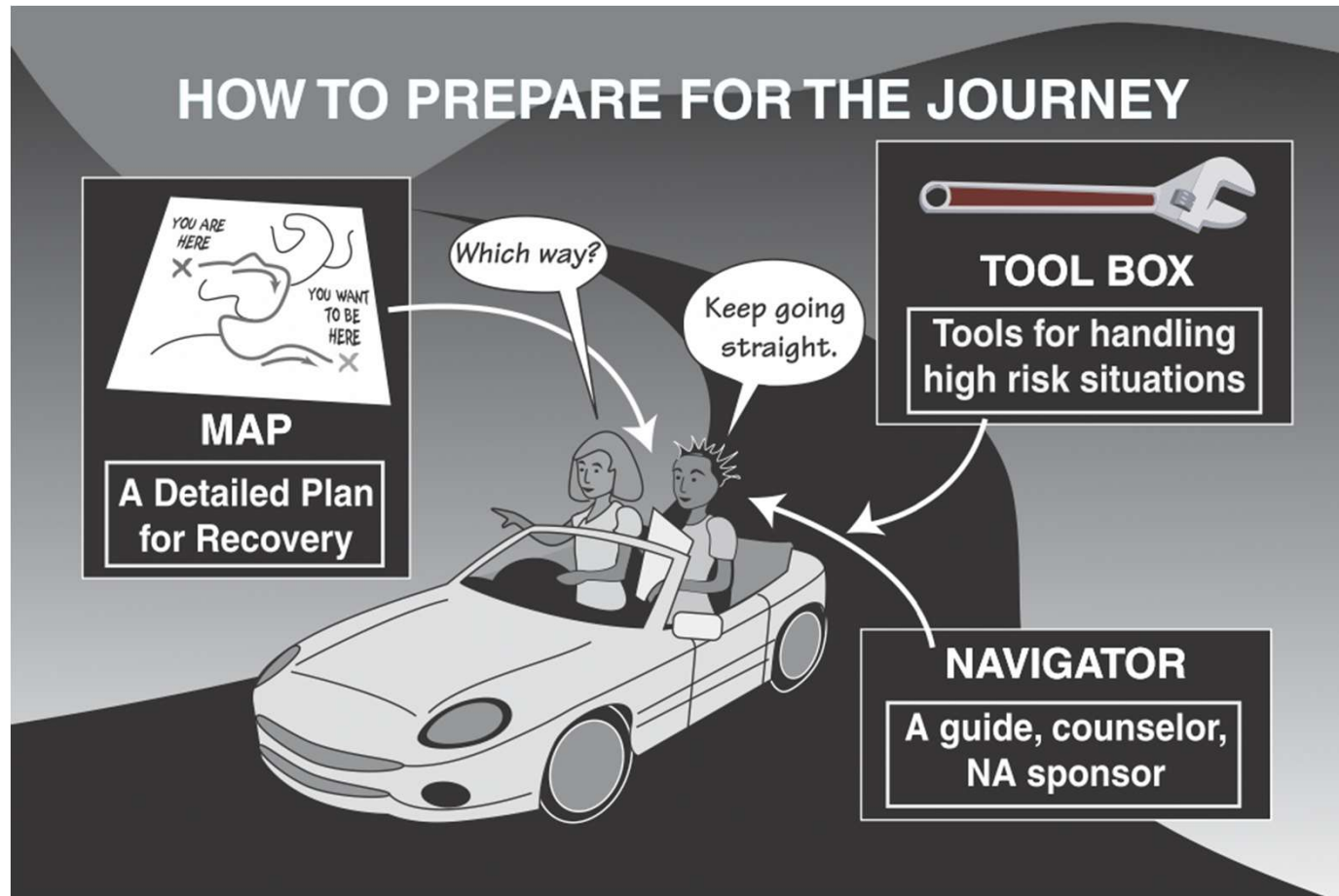
The road to recovery is paved with good intentions

(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



RELAPSE PREVENTION ROADMAP

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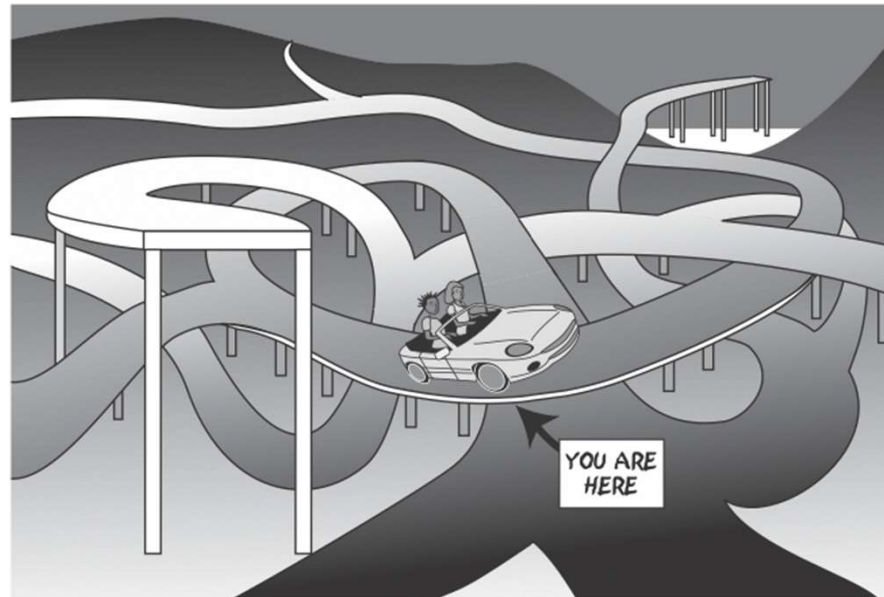


(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



RELAPSE PREVENTION ROADMAP

FINDING YOUR WAY ISN'T ALWAYS EASY



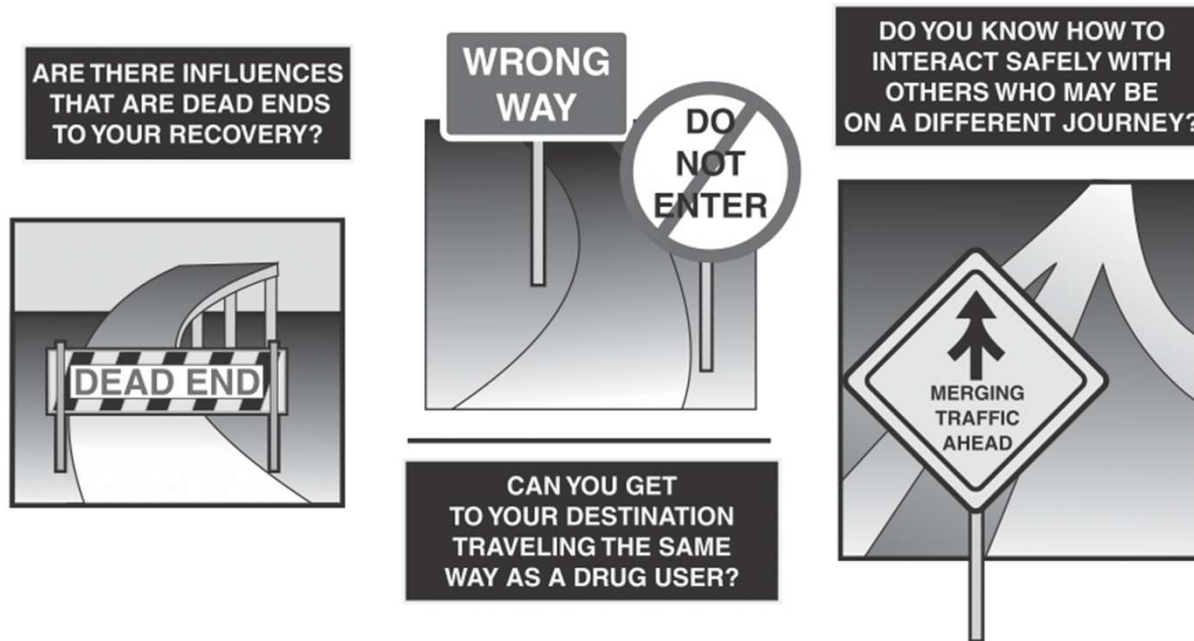
**With skill and tools you will be able
to make fast, accurate, and safe decisions**

(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



RELAPSE PREVENTION ROADMAP

KNOW THE EXTERNAL WARNING SIGNS

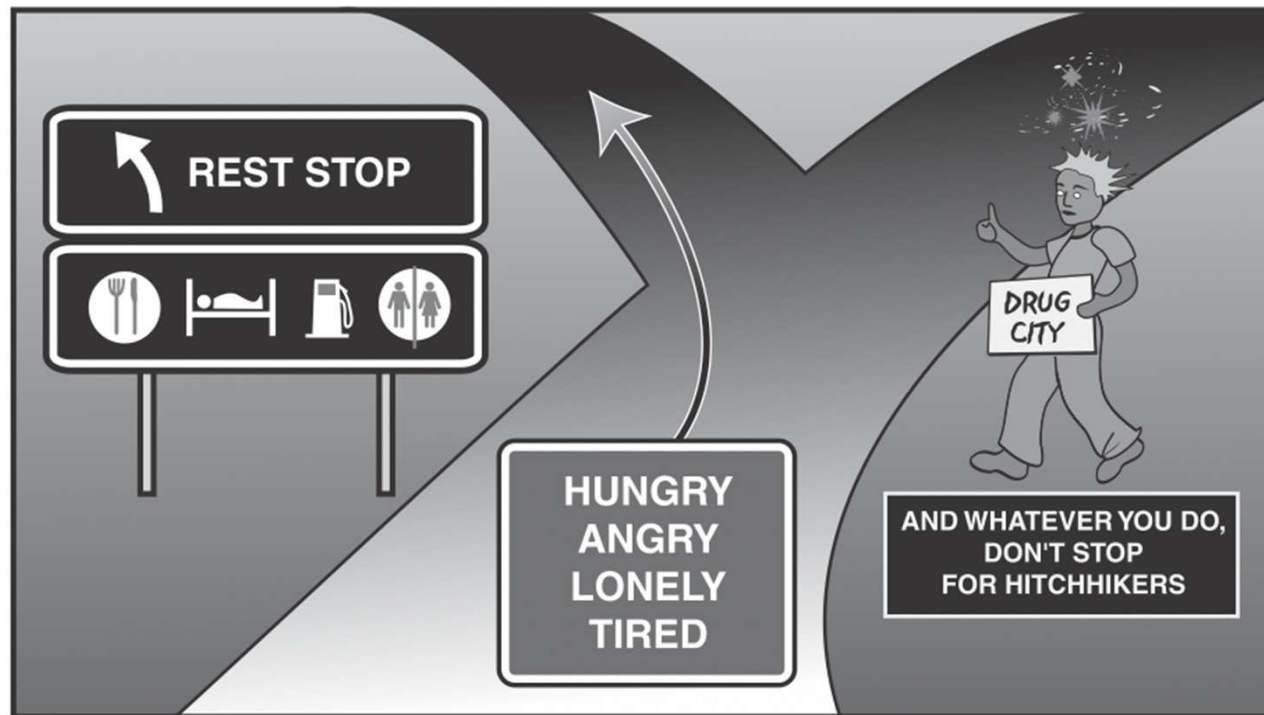


(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



RELAPSE PREVENTION ROADMAP

KNOW YOUR INTERNAL WARNING SIGNS

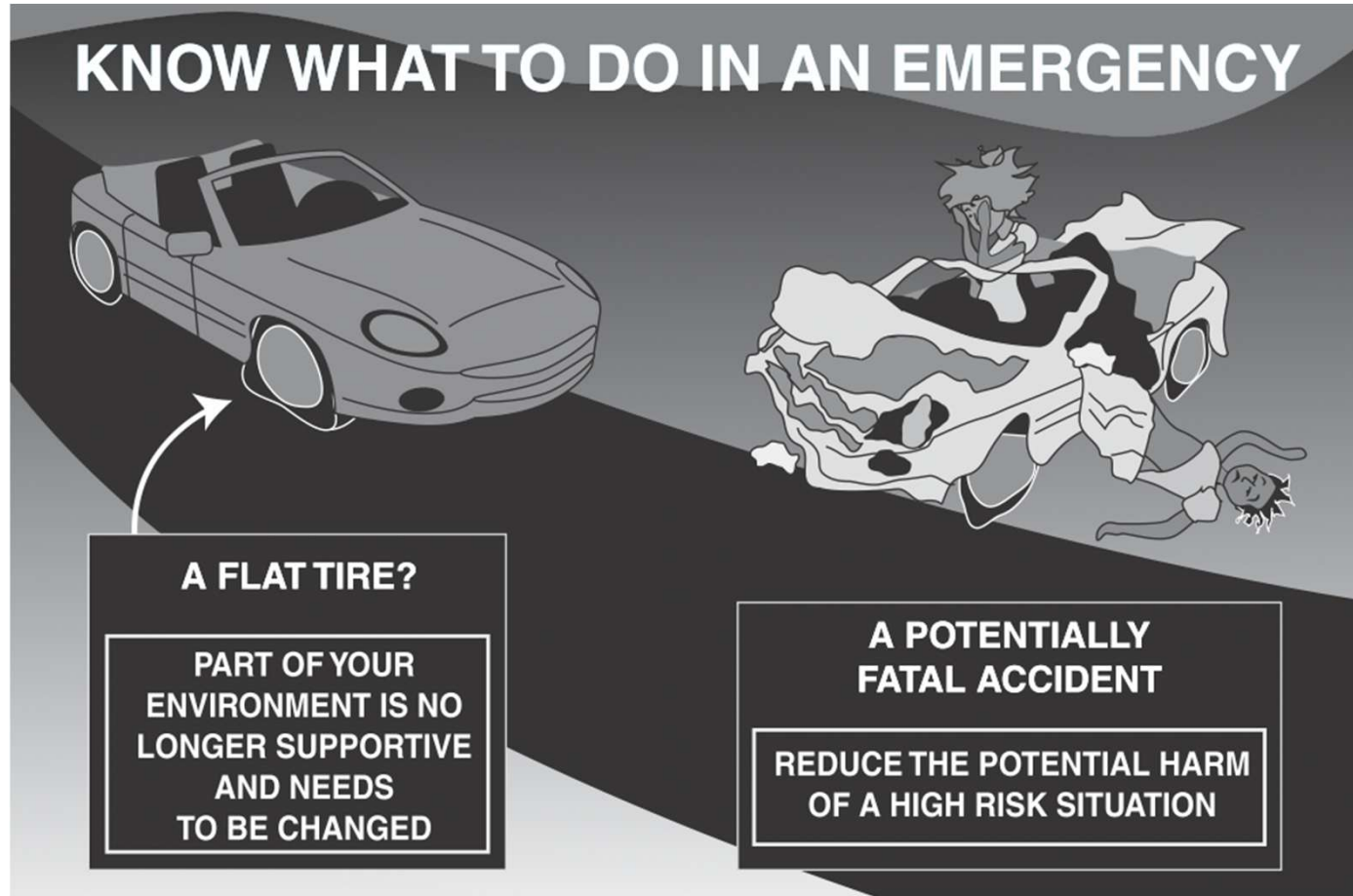


(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



RELAPSE PREVENTION ROADMAP

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(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



RELAPSE PREVENTION ROADMAP



(Preventing Relapse to Risky Behavior: Recovery as a Journey, 2005)



SELF-CARE

How are you taking care of
yourself?



THANK YOU

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