

Community Resources with Relapse Prevention Planning

- **Stabilization** – Depending on the severity of the relapse this may need to be done in a medical setting. The family needs to be involved in helping the person who began use again in making sure that they do not use for at least the next 24 hours. At this time the person needs to recognize the need for help. Withdrawal may become a factor at this time.
- **Assessment** – After the person who relapsed is stabilized, a thorough assessment needs completed. This is where the county drug and alcohol services or private drug and alcohol services assist in preventing further relapse potential.
- **Patient Education** – Patient education is where Case Workers can make the most impact with the person who has relapsed. Case Workers should lend support, educate around warning signs. Assist the person in seeking out any new services that may be needed. Discuss the person’s support services, and offer to help in any other way that they can.
- **Warning Signs Identification** – Caseworkers can assist in helping the person identify their warning signs and triggers. The caseworker can also discuss with the person what relapse prevention planning is being done, so that in the future, the case worker can lend support, in case of another relapse.
- **Review of Recovery Program** – Again count drug and alcohol services or private drug and alcohol services play a vital role in helping the person review what went wrong, what still works, and what needs changed.
- **Inventory Training** – Drug and alcohol services assist the person in learning how to take a daily inventory of their relapse potential and plan against it.
- **Interruption of the Relapse Dynamic** – Drug and alcohol services again assist the person in problem identification, problem clarification, and using appropriate alternatives.
- **Involvement of Significant Others** – Drug and alcohol services along with family services assist in bringing the family in as a positive support to help assist in deterring any future relapses, along with learning strategies to deal with relapse.
- **Follow up and Reinforcement** – All involved parties in the community work together in follow-up to assist the person in deterring any future relapses, along with challenging any warning signs that come about.

Community Resources with Relapse Prevention Planning (continued)

12 Questions to Consider

- 1. Does the program accept insurance?**
- 2. Is the program accredited, licensed, or run by pros?**
- 3. Is the facility clean, organized, and well run?**
- 4. Does the program meet all of the client's needs?**
- 5. Is the program able to meet the differences of the client?**
- 6. Is there long-term aftercare support?**
- 7. Is there ongoing revision of the treatment plan as needed to meet the individual's changing needs?**
- 8. Does the program attempt to engage the client long-term?**
- 9. Does the program offer counseling to help the client function in the family and society?**
- 10. Does the program offer medication as treatment if needed?**
- 11. Is there ongoing relapse monitoring?**
- 12. Are the families of the users involved in the treatment?**