Proactive Relapse Prevention

Dr. Martha Thompson
What are we going do today?

- Participants will gain an understanding of the relapse process.
- Participants will be able to identify potential relapse factors for various clients in all stages of recovery.
- Participants will practice and actively create relapse prevention plans and community support plans.
According to Webster…..

VERB
- (of someone suffering from a disease) suffer deterioration after a period of improvement.
- synonyms: get ill/worse again have/suffer a relapse · worsen deteriorate

NOUN
- a deterioration in someone's state of health after a temporary improvement.
- "he responded well to treatment, but then suffered a relapse"
- synonyms: deterioration worsening of someone's condition · turn for the worse · setback weakening · recurrence repetition
Let’s talk RECOVERY

- To understand relapse we need to understand recovery.
- Habilitation vs. Rehabilitation
SAMSHA

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
Recovery from addiction is a developmental process that progresses in six progressive stages.
Gorski’s Stages

- **STAGE 0.** Active Uncontrolled Addiction
- **STAGE 1.** Transition: Understanding and overcoming the ambivalence of recognizing and personally accepting addiction;
- **STAGE 2.** Stabilization: Regaining the biopsychosocial balance required to maintain abstinence, manage craving, and self-regulate thoughts and feelings;
- **STAGE 3.** Early Recovery: developing the skills to identify and manage addictive and irresponsible behaviors that can cause unnecessary pain and problems in recovery;
- **STAGE 4.** Middle Recovery: Developing the relationships and lifestyle skills needed to support a meaningful, sober, and responsible way of life.
- **STAGE 5.** Late Recovery: Learning to identify and manage core mistaken beliefs about self, others, and the world that interfere with developing and maintaining a sober and responsible way of life.
- **STAGE 6.** Maintenance: Learning the skills necessary for recognizing and managing trigger events, early relapse warning signs, high risk situations, craving, and addiction seeking behavior.
37 signs and symptoms

- [https://casaa.unm.edu/inst/Aware.pdf](https://casaa.unm.edu/inst/Aware.pdf)
- AWARE self assessment
Relapse according to Gorski....

- Relapse often occurs during the recovery process and is best viewed as learning experiences that can build a stronger foundation for future recovery. There are skills that recovering people can learn that can increase the ability to stop relapse quickly should it occur.
According to Drs. Prochaska and DiClemente

- Transtheoretical Model AKA Stages of Change

- Lapse vs Relapse –
  - The need for actual time spend in recovery has to happen before relapse can occur (warning signs)
  - Lapse can be a single use that does to result in the return of full addictive behaviors (may not have warning signs)
  - Can be a learning process
<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
<th>Time Frame</th>
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</thead>
<tbody>
<tr>
<td>Pre-contemplation</td>
<td>No; Denial</td>
<td></td>
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<tr>
<td>Contemplation</td>
<td>Maybe; Ambivalence</td>
<td></td>
</tr>
<tr>
<td>Determination/Preparation</td>
<td>Yes, Let's Go; Motivated</td>
<td>0-3 Months</td>
</tr>
<tr>
<td>Action</td>
<td>Doing It; Go</td>
<td>3-6 Months</td>
</tr>
<tr>
<td>Maintenance</td>
<td>Living It</td>
<td>Over 6 months</td>
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<tr>
<td>Relapse/Recycle</td>
<td>Start Over; Ugh!!</td>
<td></td>
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</tbody>
</table>
We cannot forget CBT Relapse Model

Marlatt & Gordon Model of Relapse Prevention

- Coping response → Increased self-efficacy → Decreased probability of relapse
- High-risk situation → No coping response → Decreased self-efficacy → Positive outcome expectancy of behaviour
- Slip → Rule Violation Effect – dissonance, conflict & self-attribution – guilt & perceived loss of control
- Increased probability of relapse
Increasing lifestyle balance (e.g., developing positive addictions [jogging, meditation, "body time"] and substitute indulgences [e.g., recreational activities, massage])

Lifestyle imbalance
Desire for indulgence
Urges and craving
Rationalization, denial, and AIDs
High-risk situation
Lack of coping response
Decreased self-efficacy; positive outcome expectancies
Abstinence violation effect
Initial substance use (i.e., lapse)
Cognitive restructuring (e.g., considering lapse a mistake, not a result of personal failure)

Self-monitoring and behavior assessment (e.g., situational competency test)
Revised decision matrix
Relapse road maps (i.e., analysis of high-risk situations and the available choices)
Efficacy-enhancing strategies (e.g., viewing change process as skills acquisition, breaking down overall task into subtasks)
Lapse management (e.g., contract to limit alcohol use, reminder cards with instructions on how to cope with a lapse)

Urge management (e.g., coping imagery, such as "urge surfing")
Avoidance strategies
Coping-skills training (e.g., relaxation training, stress management, and assertiveness training) and relapse rehearsal
Eliminating myths and placebo effects (e.g., education about immediate vs. delayed effects of alcohol, use of decision matrix)

Education about warning signals of relapse (e.g., AIDs, positive expectancies, lifestyle imbalances)
Analysis of relapse fantasies and descriptions of past relapses
3 Stages of Relapse

Relapse Warning Signs

1. Emotional confusion
2. Extreme thinking
3. Return to denial
4. Defensive behaviours
5. Pessimism & escape
6. Compulsive & impulsive
7. Obsessions
8. Addictive thinking
9. Withdrawal symptoms

1. Self reliance
2. Pride
3. Denial
4. Self-defeating attitude
5. Rationalisation

1. Mental changes 2. Attitudes changes 3. Behavior changes

3 Phases of Relapse

1. Emotional relapse
2. Mental relapse
3. Physical relapse
Now What?
Is there anything we can do differently?

- Check yourself before you wreck yourself……
- Going beyond just having a support system in place…..
- Preparing for the unexpected....
- Use MI and Stages of Change....
- Use your previously gained skills....
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