

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.



GORSKI

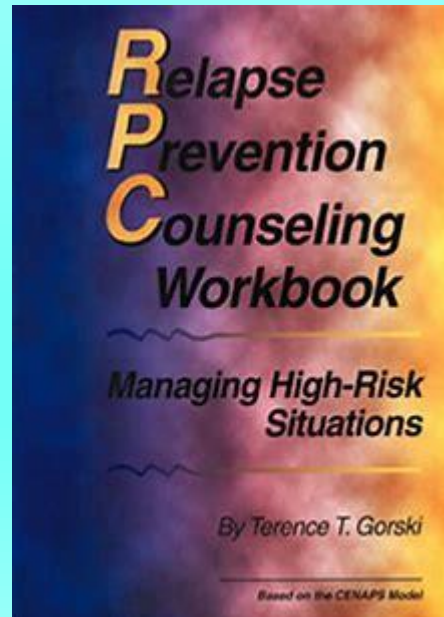
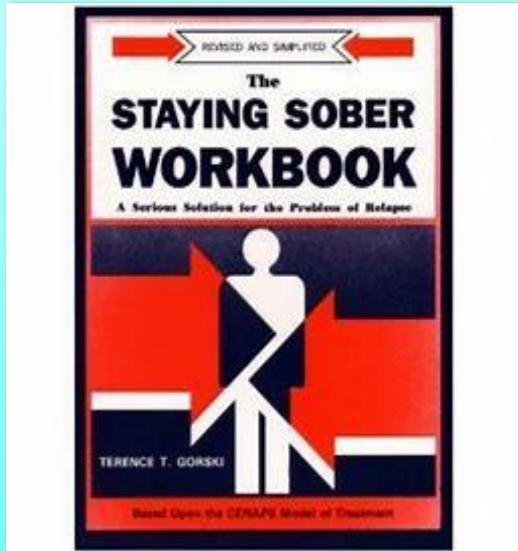


- Recovery from addiction is a developmental process that progresses in six progressive stages

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>

○ 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 recover. There are skills that recovering people can learn that can increase the ability to stop relapse quickly should it occur.

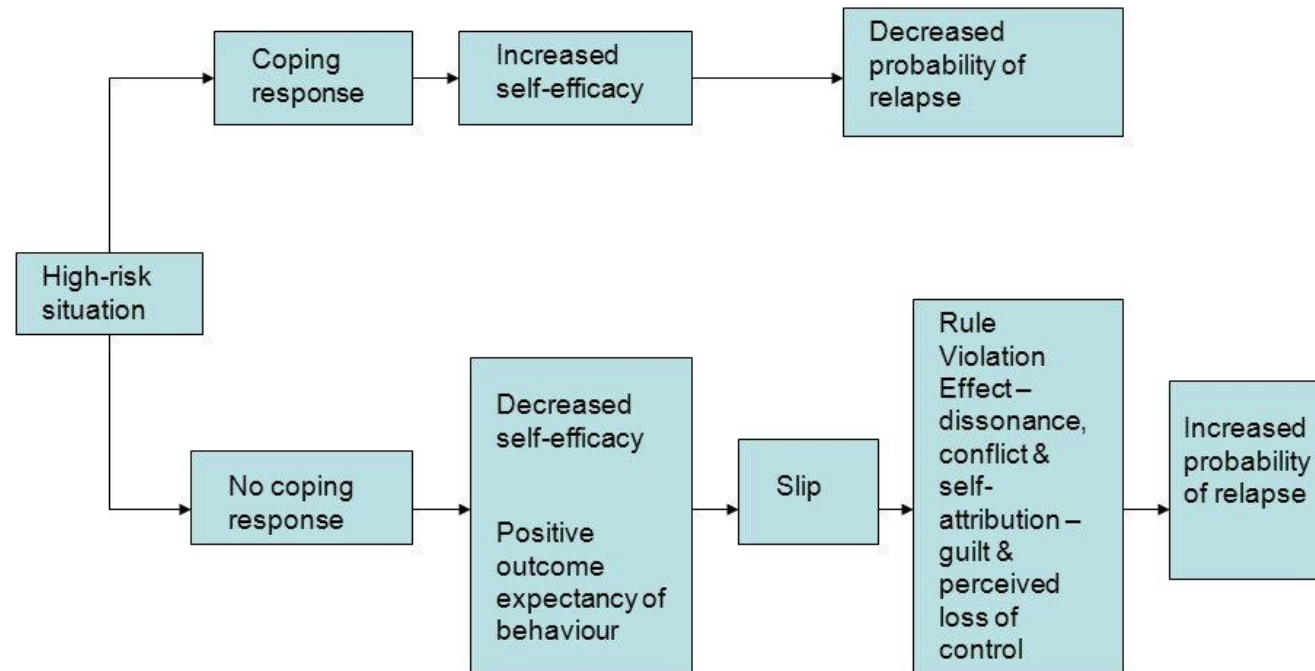
According to Drs. Prochaska and DiClemente

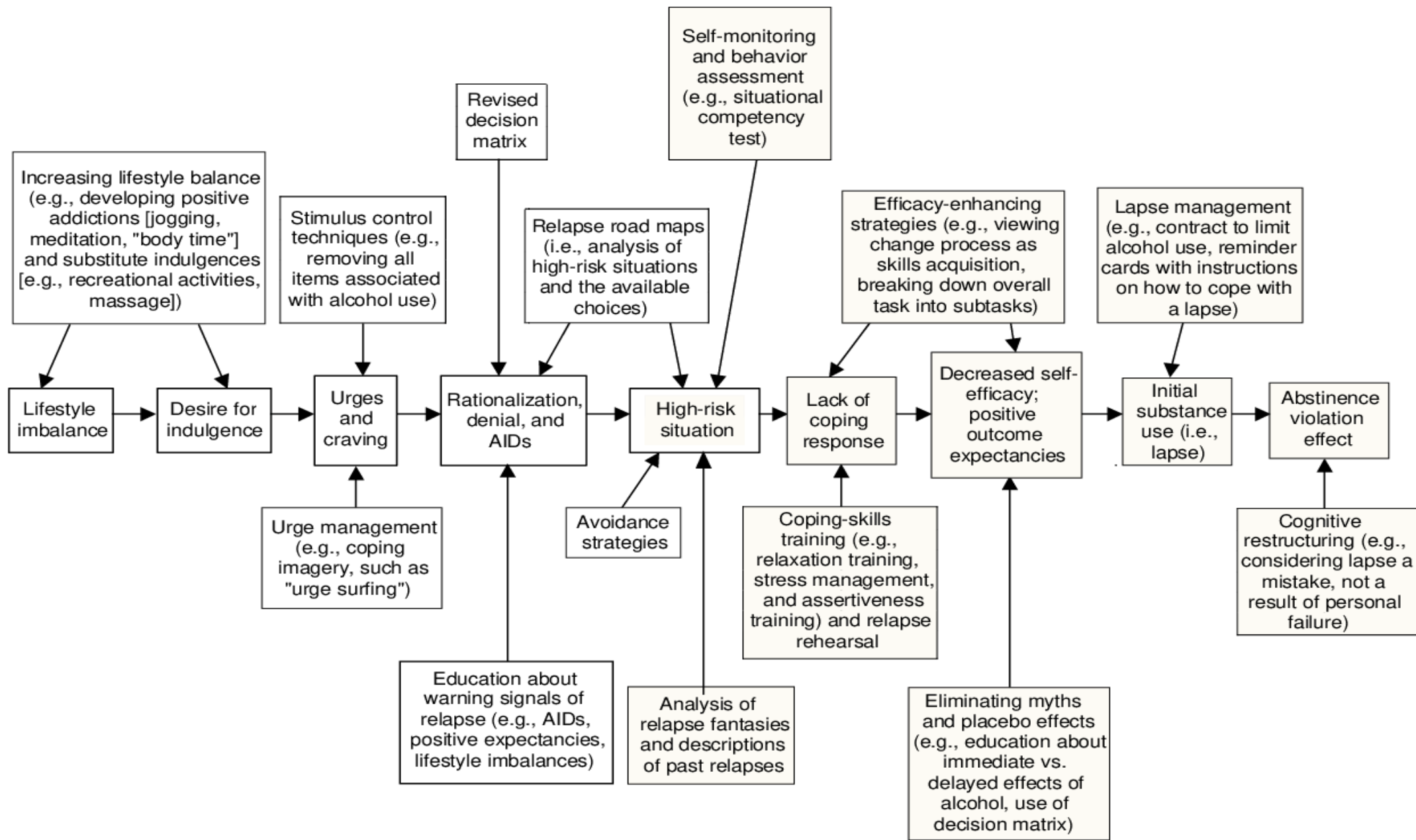
- Transtheoretical Model AKA Stages of Change
- Lapse vs Relapse –
 - The need for actual time spend in recovery has to happen before relapse can occur (warning signs)
 - Lapse can be a single use that does to result in the return of full addictive behaviors (may not have warning signs)
 - Can be a learning process

Pre-contemplation	Contemplation	Determination/ Preparation	Action	Maintenance	Relapse/ Recycle
	 <p data-bbox="621 853 861 925">Fence</p>	 <p data-bbox="1014 1025 1268 1068">0-3 Months</p>	 <p data-bbox="1370 1025 1625 1068">3-6 Months</p>	 <p data-bbox="1742 1025 2074 1068">Over 6 months</p>	
<p data-bbox="231 1115 377 1200">No; Denial</p>	<p data-bbox="588 1115 876 1200">Maybe; Ambivalence</p>	<p data-bbox="988 1115 1284 1200">Yes, Let's Go; Motivated</p>	<p data-bbox="1403 1115 1589 1200">Doing It; Go</p>	<p data-bbox="1803 1115 1982 1158">Living It</p>	<p data-bbox="2142 1115 2379 1200">Start Over; Ugh!!</p>

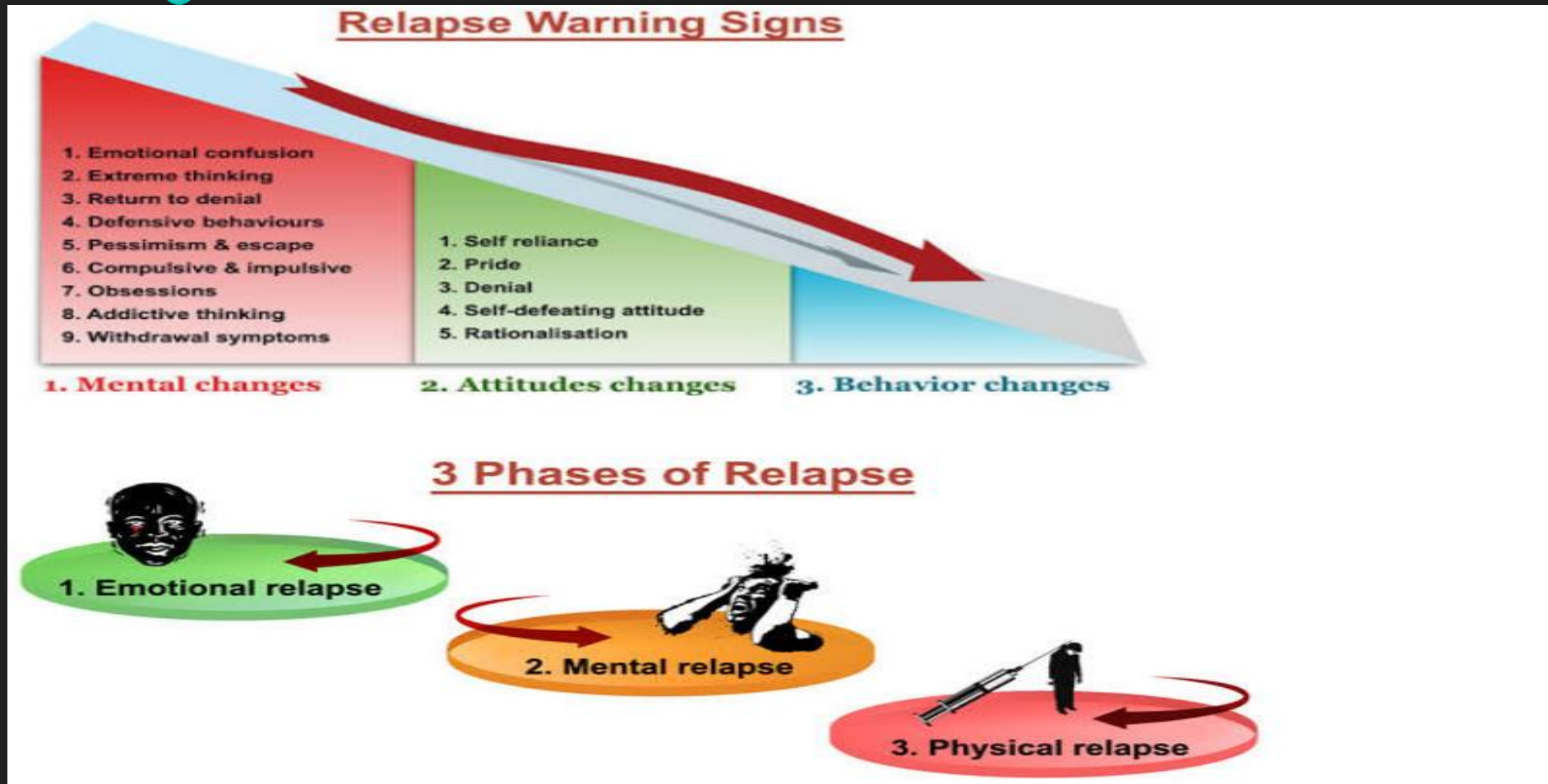
We cannot forget CBT Relapse Model

Marlatt & Gordon Model of Relapse Prevention





3 Stages of 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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