



Relapse Prevention Strategies: Through Treatment and Beyond

Developed by:
National Drug Court Institute

©NDCI, March, 2017

The following presentation may not be copied in whole or in part without the written permission of the author of the National Drug Court Institute. Written permission will generally be given upon request.

PREVENTING RELAPSE

- Preventing Relapse is our #1 Overall Goal
- Change is hard...VERY HARD
- Relapse frequently happens



TYPES OF RELAPSE

- Continued Use – Never really in Recovery
- Slip – Initial use after period of Recovery. Can be short with return to recovery or lead to:
- Relapse – Return to old behaviors and patterns



HOW RELAPSE HAPPENS

- The Steady Ride Downhill
- The Catastrophe
- The Surprise
- Craving



THE STEADY RIDE DOWNHILL

- Miss meetings
- Stop caring about stuff
- Hang out with wrong people
- Hang out in wrong places
- Use



THE CATASTROPHE

- Something bad happens
- Intense feelings
- Hard to handle
- Moment of Weakness or Excuse
- Using will “help” deal with the pain.



THE SURPRISE

- You're trying to stay sober
- Someone asks if you want some ____.
- Before you can think, your mouth says "YES!!"



AFTER A SLIP

Recovery

Relapse

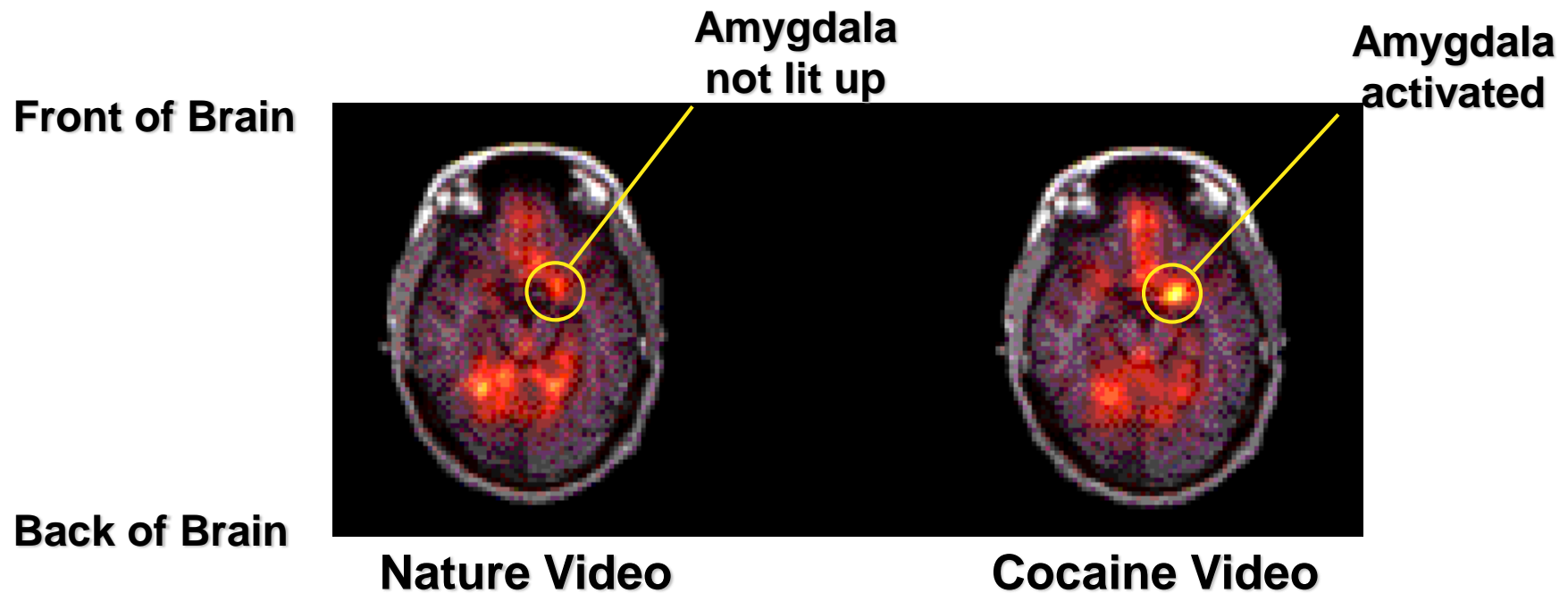


ABSTINENCE VIOLATION EFFECT

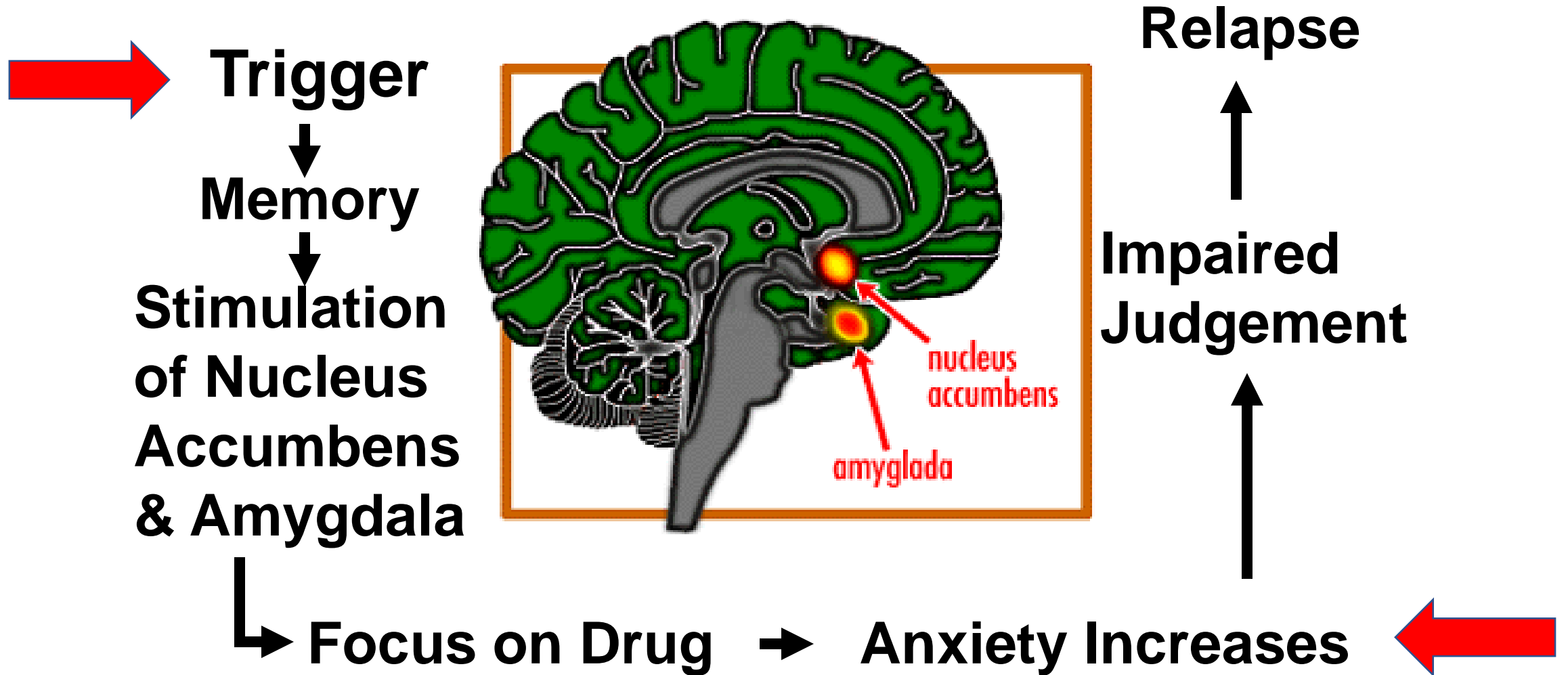
- “Well I screwed up, might as well go all the way!”
- Fueled by guilt/embarrassment



CRAVING AND THE BRAIN

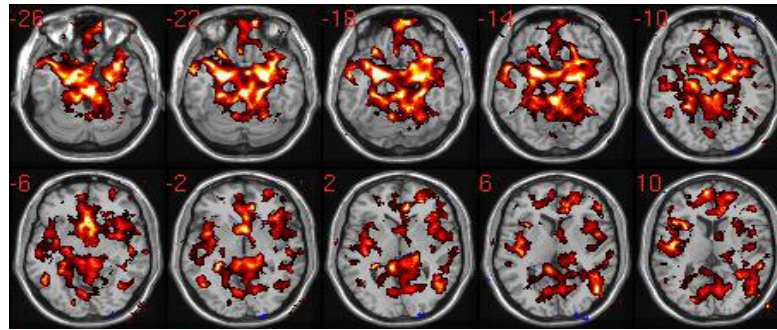


Craving

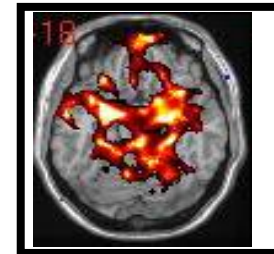


BACLOFEN

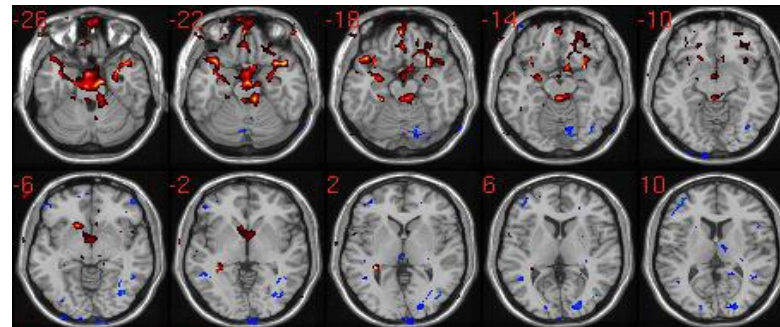
AMYGDALAR CONNECTIVITY
.5 sec Cocaine Cues



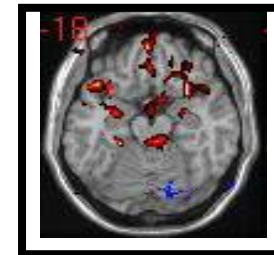
Placebo



Baclofen blunts AMYGDALAR CONNECTIVITY



Baclofen



TO USE OR NOT TO USE

Reasons not to use

- Better health
- No legal problems
- People will trust me
- Tired of the lifestyle
- I am ashamed of who I've become
- I want to be happy, have a job, a place to live, etc.

Reasons to keep using

- I like the high
- I have fun
- It's exciting
- The heck with what others think, I'll do what I want.
- What difference does it make?



MY REASONS TO USE OR NOT TO USE

Reasons to not use

-
-
-
-
-
-
-

Reasons to keep using

-
-
-
-
-
-
-



RELAPSE TRIGGERS

**Those things that
make you think
about and want
to use.**



RELAPSE TRIGGERS

MY DEALER

SEEING IT ON TV

GETTING ANGRY

THE SMELL OF MY DRUG

SEEING SOMEONE USE

NIGHTTIME

BEING BORED

OLD FRIENDS

HAVING MONEY

SEEING IT IN THE STORE

FEELING LONELY



LISTING YOUR RELAPSE TRIGGERS

- What do I use?
- When do I use?
- Where do I use?
- Who do I use with?
- How do I use?
- How do I feel when I use?



MY TOP TEN RELAPSE TRIGGERS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



DEALING WITH CRAVING

- Cravings usually last about 15 minutes.
- Find something to distract yourself.
- If the cue for the craving has to do with where you are or who your with...leave.
- Recognize the physical response you have to craving.
- Remember all the reasons to stay sober/clean.



THE IMPORTANCE OF MAT

- Cravings usually last about 15 minutes.
- Find something to distract yourself.
- If the cue for the craving has to do with where you are or who your with...leave.
- Recognize the physical response you have to craving.
- Remember all the reasons to stay sober/clean.



THE IMPORTANCE OF MAT

Methadone and Buprenorphine

Prevent
Withdrawal
Symptoms

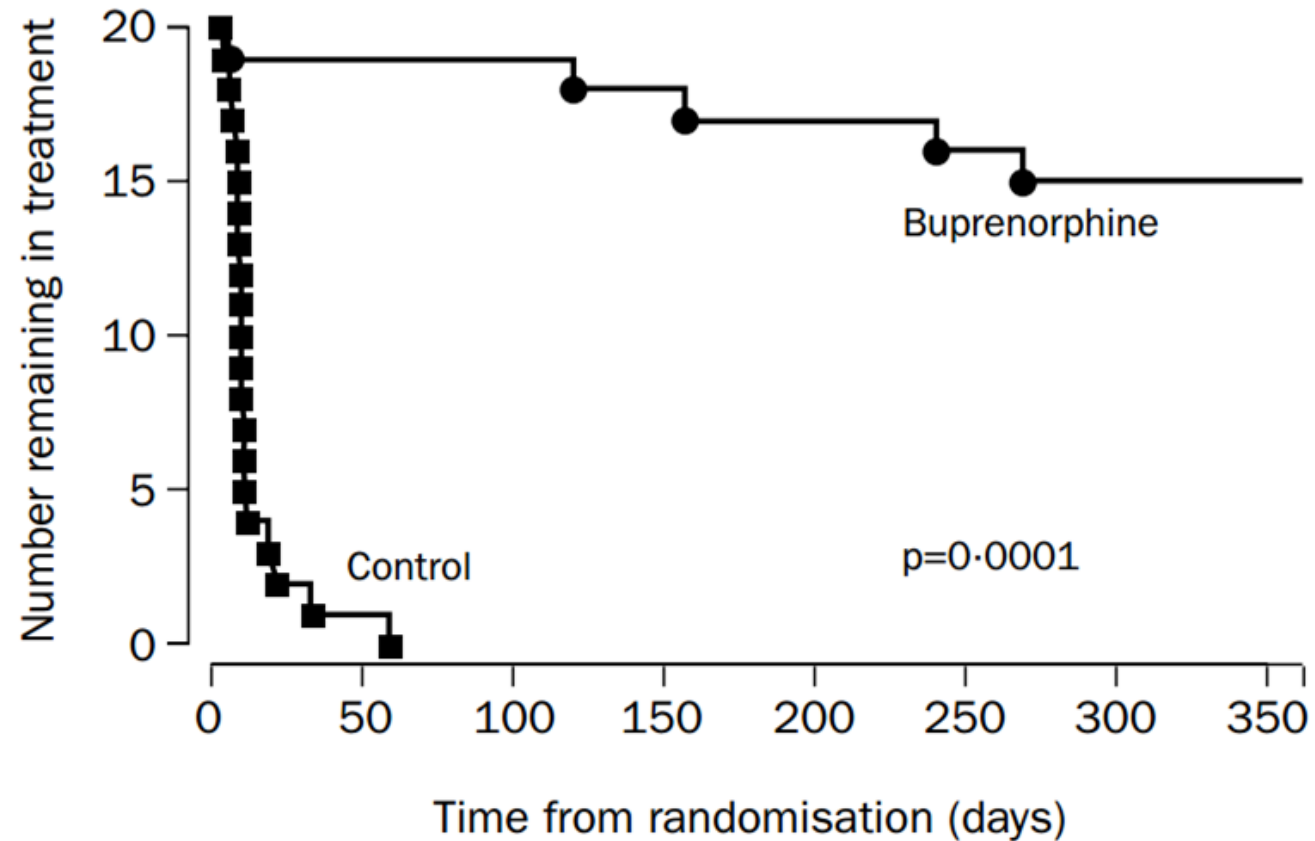
Reduce Cravings

Block Effects of
Exogenous
Opioids

Prevent relapse and allow brain to slowly heal



BUPRENORPHINE: INCREASED RETENTION AND REDUCED RELAPSE



RELAPSE PREVENTION PLANNING

- Planning
 - Changing people places & things
 - No down time – keep busy
 - What if...?



RELAPSE PREVENTION TOOLS

- **Self Help Meetings**
- **Sponsor**
- **Saying “NO”**
- **Serenity**
- **Acceptance**
- **Anger Management**
- **Leisure Activities**
- **New Friends**



HUNGRY, ANGRY, LONELY, TIRED

- If you feel these you are vulnerable.
- Recognize the feelings.
- Make sure you eat okay.
- Recognize your anger and find something safe to do with it.
- Have some people you can call if your lonely.
- Make sure you get enough sleep.



PLAN FOR A BAD DAY

- Go to a meeting.
- Call my sponsor, sober friend, counselor, etc.
- Read my list of reasons to stay sober.
- Read about my worst drug experience.
- Go to church.
- Go visit my mom.
- Don't call_____, Don't go to_____, etc.



MY PLAN FOR A BAD DAY

-
-
-
-
-
-
-
-
-



WAYS TO SAY NO

- No, thanks.
- Sorry man I can't, I've got this probation thing.
- Nah...I don't do that anymore.
- No, I don't want a beer, you gotta pepsi or something?
- I got to go...catch you later.
- The only goal is to not use!!



WHO WILL I HAVE TO SAY NO TO?

-
-
-
-
-
-
-



TWO WOLVES

An old Cherokee chief is teaching his grandson about life:

"A fight is going on inside me," he said to the boy.
"It is a terrible fight and it is between two wolves.

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.



TWO WOLVES

This same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old chief simply replied, "The one you feed."



RECOVERY SUPPORTS

- Understanding that Recovery is an ongoing process.
- Recovery Supports can be helpful
- Peer supports – how to do things, someone to talk to and help – different than a self-help sponsor
- Recovery Centers – safe places, recreation, fun, education, etc.



RECOVERY COMMUNITIES

