

Relapse Prevention Plan

Purpose of a Relapse Prevention Plan

A completed relapse prevention plan should serve as a guide for you and your support system in your process of change. As you complete your relapse prevention plan, you will begin to:

- A. Be alert to high risk situations and high risk thinking patterns,
- B. Apply interventions whenever high risk thinking occurs,
- C. Be honest with yourself about the determination to change and the effort to accomplish that change,
- D. Renew the commitment and motivation to change.

There are five (5) steps to writing a relapse prevention plan. The steps of developing a relapse prevention plan include a serious examination of yourself and getting feedback from staff and peers. Based on the information you gather you will need to identify at least four (4) negative life patterns that have been destructive for you and those around you.

To apply for Tier II you must have at least four (4) identified. The patterns you identify should relate to the problems in your individual treatment plan. You will continue to update and revise your relapse prevention plan on your own, as part of your therapy, and in a group setting.

Complete the following sections in detailed, well thought out, complete sentences. As you revise your RPP, you may want to add to or make changes to your original answers.

Step 1 – Identification of Major Life Patterns and Example from Your Life of Pattern

You need to identify patterns of negative behavior (at least four). These are behaviors that you have done over and over that get you into trouble or cause problems in your life. For each pattern that you identify, complete the following steps:

- A. Assign a word or label to each pattern. This label must be something you understand (i.e. self harm, lying, substance abuse).
- B. Provide an example for each identified pattern. These examples must include a description of the situation, a description of the behavior, and the consequences you received for that behavior.
- C. Identify situations, people, and places that may cause you to return to your negative patterns. Be specific and detailed in your identification. You should include names of people, places, and describe situations.
- D. Develop three (3) specific interventions for each pattern. An intervention is something that you do to stop a negative behavior or get out of a negative situation. These interventions must be very specific and detailed. Identify at least one person or organization that will help you follow through with each intervention strategy. Identify what you must explain or ask them to do so they may help you, such as phrases they can say or actions they can take to help you avoid relapsing.

Step 2 – Identification Goals and Support System

There are seven dimensions of wellness: physical, spiritual, social, emotional, intellectual, occupational and environmental. See the Wellness Model on the unit.

- A. Review the Wellness Model. Create goals in each of these areas to assist you in a more balanced life. Identify at least 2 people and/or organizations that will help you achieve the goals you have set.

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Step 3 – Healthy Recreational Activities

- A. Tell us about your recreation participation before treatment. How did you spend your free-time? These can be positive or negative activities. Think of at least four and answer these questions for each activity.
 - What was the activity? How often did you do it, and were you alone or with friends?
 - Why did you like it (what was your motivation)?
 - Was the activity healthy and legal? Why or why not?
- B. How did these activities affect you? Describe the positive and/or negative consequences for each area of wellness (check out the Wellness Model).
- C. Identify four activities you participate in during your free-time now, while you're in treatment. For each activity you identify, answer the following:
 - Why do you like it (what is your motivation)?
 - Does this activity help you? Why or why not?
 - Will you continue doing it after discharge?
- D. List five activities you want to participate in when you are on Tier 3 and 4. Remember, you are allowed to be on campus alone while on Tier 3. When on Tier 4, you can have two 2-hour off-campus privilege requests weekly. Tier 3 and 4 residents also get to plan one of their RT outings each month. What are some things you want to do?
- E. Think back on the Wellness Model. This time, write down some things (at least two) you can do after discharge that will help you in each area of wellness.
- F. Begin your discharge plan for healthy leisure. You will need to choose:
 - Three individual activities,
 - Three activities with friends,
 - One activity in the community, and
 - Two activities with your family.
- G. Continue your planning for healthy recreation. For each activity you chose, answer the following:
 - When and where will you do the activity?
 - Will it cost money? How much? How will you pay for it?
 - Why will you do it? What is your motivation?
 - Will this activity help you be successful after discharge? Why or why not?

Step 4 – Identify Educational Needs and Priorities

- A. Describe your attitude and behaviors in school before you came to Teton Peaks.
- B. What were your study habits and priorities with schoolwork?
- C. What were you doing when you were not in school or focusing on school?
- D. What are your beliefs about school and how it relates to your future? How can these beliefs affect your long-term goals and objectives?
- E. What are you going to do differently to achieve your goals with school? (Remember to be specific.)
- F. Please set 2 long-term goals and 3 objectives that will help achieve each goal. Do not choose as a goal "to get straight A's when you are not doing well now. Set goals that are tailored to you and only you.

Step 5 – Make a Commitment

As a close to your relapse prevention plan, please explain your commitment to not return to the negative patterns you have identified. Explain why you choose to make this commitment and how you believe this will make a difference in your life both now and in the future.