



Appendix 10

TEMPLATE: Relapse Prevention Plan

Social workers develop a relapse prevention plan with patients at the bedside. The goal is to further develop and strengthen understanding of triggers for use; identify the thoughts, feelings, and behaviors associated with those triggers; identify possible interventions to address those trigger (for example, deep breathing, medications such as prazosin for PTSD); and identify additional sources of support. Typically, IMPACT social workers develop relapse prevention plans for hospital care and for transition into the community.

IMPACT Social workers may write out a relapse prevention plan with patients, but do not typically include relapse prevention plans as part of the medical record.

Example:

Triggers (people, places, and things which might make me think of using):

-
-

Thoughts, feelings, and behaviors (which contribute to urges or cravings to use):

-
-

Healthy coping skills (activities and behaviors to get my mind off using):

-
-

People I can reach out to for support (family, friends, fellowship, etc):

-
-

My continued plan of care:

-
-



EXAMPLE: Relapse prevention plan

Triggers (people, places, and things which might make me think of using):

- 'people using in front of me'

Thoughts, feelings, and behaviors (which contribute to urges or cravings to use):

- 'experiencing or fear of experiencing pain'
- Shame related to use
- Grief from loss of loved ones

Healthy coping skills (activities and behaviors to get my mind off using):

- Breathing and mindfulness (body scans, belly breathing, 5 senses)
- Coloring
- Acupuncture if available

People I can reach out to for support (family, friends, fellowship, etc):

- Partner
- Partner's parents
- IMPACT team

My continued plan of care:

- Follow through with engagement with suboxone provider/treatment groups
- Reach out to IMPACT
- Discharge to partner's parent's home where there are no active substance users