



Relapse Prevention Plans

Having a well-defined plan post-treatment is crucial for maintaining long-term recovery and preventing relapse. The transition from a structured treatment environment back into daily life can be challenging, as individuals often face familiar triggers and stressors without the immediate support of clinical staff.

A detailed plan provides a roadmap for navigating these challenges, ensuring that individuals have strategies in place to manage triggers, engage in self-care, and utilize support systems such as therapy, 12-step programs, and peer networks. This proactive approach helps reinforce new, healthy behaviors and provides a safety net that promotes resilience, accountability, and sustained recovery.

With a clear post-treatment plan, individuals can better maintain their progress, build confidence in their ability to handle life's complexities, and continue their journey toward a fulfilling, substance-free life.



LET'S PREVENT A RELAPSE!

1. External Triggers: People / Places / Things

Explanation: These are external factors that may prompt thoughts of using substances or engaging in old habits. Examples include certain social circles, locations associated with past substance use (e.g., bars or parties), or specific items or activities that remind the individual of their previous lifestyle. Recognizing these triggers helps in creating a plan to avoid or manage encounters with them.

2. Internal Triggers: Feelings / The Things Inside Your Body

Explanation: Internal triggers are emotional states or physical sensations that can lead to cravings or thoughts of relapse. These can include feelings such as anxiety, anger, loneliness, or boredom, as well as bodily sensations like fatigue or restlessness. Understanding these triggers is essential for learning how to respond in a healthy way when they arise.

3. Illusions: The Irrational Sentences that Propel the Relapse Process

Explanation: Illusions refer to false or irrational beliefs that make relapse seem justified or appealing. These can include thoughts like, “Just one time won’t hurt,” or “I can control it now.” Recognizing these thoughts as illusions is crucial to preventing them from escalating into actions. Identifying and challenging these beliefs helps individuals stay grounded in reality.

4. Coping Skills: The Specific Plan When I Hear My Illusions

Explanation: This section involves listing practical, effective strategies to use when confronted with irrational thoughts or triggers. Examples of coping skills might include calling a supportive friend or mentor, engaging in physical activity, practicing mindfulness or deep breathing, or attending a recovery meeting. These skills should be personalized and specific to what works best for the individual.

5. Self Care: My Daily Specific Self Care Plan

Explanation: Self-care involves daily routines that help maintain physical, emotional, and mental well-being. This can include activities such as regular exercise, healthy eating, proper sleep, journaling, meditation, or hobbies that bring joy. A consistent self-care plan supports overall health and resilience, making it easier to handle triggers and stress without resorting to old habits.

6. 12 Step Plan: The Detailed Plan of My 12 Step Involvement Post Treatment

Explanation: This part outlines how the individual plans to stay engaged with their 12-step program after treatment. It can include commitments such as attending meetings regularly, maintaining a sponsor relationship, working through the steps consistently, and participating in service opportunities. Staying connected to the 12-step community helps reinforce accountability and provides continued support.

7. Clinical Aftercare Plan: The Detailed Plan the Moment I Leave Northbound

Explanation: This plan details the structured clinical steps and resources that will support the individual immediately after they leave treatment. This might include therapy appointments, follow-up sessions with a counselor, group therapy participation, medication management, and any other specific recovery resources. The goal is to have a comprehensive and actionable plan to help transition smoothly back into daily life while maintaining sobriety.