What is “Relapse”?

Relapse is defined as the “Process of becoming dysfunctional in recovery, which results in returning to the use of AOD (Alcohol and other drugs)

after a period of sobriety”.

Facts About Relapse

§ Relapse is one of the biggest re-occurring problems among people with Chemical Dependence

§ Once relapse happens, progression occurs for the individual in regards to frequency, tolerance, and

amount, which creates worse consequences.

§ The nature of the disease becomes more severe and self-defeating patterns becoming further engrained

and progressively worse.

Facts About Relapse continued

Relapse occurs before the addictive use begins as a progression of:

§Thought impairment §Emotional over-reactivity §Increased stress levels §Disruption of life routine

§Loss of control.

Facts About Relapse continued

§The end of result of the relapse is the AOD use following chronic periods of discomfort and stress.

§This creates instant relief and further engrains a mistaken belief that AOD are a positive influence in the life of the addicted person.

RELAPSE

Change

Stress

Option Reduction

Denial

RELAPSE PROGRESSION

Breakdown in Life Structure

Loss of Control and Judgment

PAWS

Breakdown in Social Structure

Behavioral Change

Post-Acute Withdrawal Syndrome “PAWS”

PAWS happens as a result of excessive stress over a period of time and the symptoms include: §Thought Impairment/Processing Issues §Emotional Over-reactivity/ Numbness

§Sleep Disruption §Memory Disruption §High Levels of Stress §Physical Issues

PAWS continued

§Once PAWS becomes activated the progression becomes more high risk

§The person begins to re-enact subconscious & unhealthy patterns that set them up to relapse without them even realizing it.

§This can occur up to years into abstinence and people most often cannot recognize these symptoms due to stress level

Relapse Syndrome

- Oncetherecoveringindividualexperiencesa relapse on one or more occasion:

- Progression occurs

- Attempts to recover can become harder - Increased shame/hopelessness

- Further engrained mistaken beliefs

Relapse Syndrome continued

Relapse syndrome is defined as:

The inability to consciously recognize warning signs and triggers that are setting people up for relapse.

Denial breaks once the person has already lost control but at that point it is very difficult to intervene

Warning Signs Leading to Relapse

· § A warning sign is anything that creates risk for relapse progression to occur

· § These are a crucial part of relapse prevention therapy in order to increase awareness and develop intervention plans.

· § Primary focus for the patient during their treatment process.

Warning Signs Leading to Relapse continued

· § This pertains to the individuals lifestyle and personality issues that take them from a stable place in recovery back to their active addiction.

· § Create the progression of relapse and lead into more severe W.S. that eventually cause an increase in pain and problems.

§ This leads them to re-activate their addiction.

Why Warning Signs?

· § Personality: develops early on, but can become disrupted by crisis and dysfunction at any point, including later in life (i.e. addiction, trauma, loss)

· § Our personality shapes our Belief system, which is defined as our core truth. It’s what we chose to lock onto and dismiss as our reality.

Warning Signs continued

· § Our Belief System controls our perception, which is how we see ourselves, others and the world.

· § Our belief system automatically activates a series of triggered thoughts, feelings, urges, actions, and reactions.

Warning Signs (Example)

§ Belief: “People have hurt me, and always will hurt me”

§ Perception: “The world is not a safe place”

§ Thought: “I cant trust other people”

§ Feeling: “Anger, Shame, and Sadness”

§ Urge: “I want to use”

§ Action: “I begin isolating and pushing others away”

§ Reaction: “People avoid me”

Relapse Prevention Therapy

§ Developed as a means to help patients specifically dealing with issues centered around relapse

§ To identify and address warning signs and patterns that continue to create risk and lead to an outcome of relapse.

§ Minimize Risk and increase outcomes

Relapse Prevention Therapy continued

§ Primary goals of Relapse Prevention:

§ Build a level of self awareness that allows them to

identify and recognize the WS

§Apply Intervention Skill

§ Develop prevention skills to be used daily §Stress management skills

§Address underlying trauma (self sabotage) §Aftercare Support

Relapse Prevention Therapy Continued

· § Consists of a series of exercises from the relapse Prevention therapy workbook

· § Provide Guidance for:

· § Warning sign identification & management

· § Addressing and processing core issues

· § Recognizing and challenging maladaptive beliefs and negative thoughts

Relapse Prevention Therapy Continued

§ Effective participation in this therapy process with continued involvement can increase outcomes of success in recovery by 87% for clients:

§ Help disrupt the cycle of relapse

§ increase levels of motivation

§ Change unhealthy perceptions

§ Improve the quality of their recovery experience.

Relapse Prevention Therapy Continued

Consists of psycho-education

Engagement in relapse workbook both on an individual and group level

Peer identification and support

Development of coping skills pertaining to increased stress

Development and application of intervention and prevention skills.

**Family Disease means Family Recovery**

· § This is a family illness that has most likely been passed down through different generations in terms of acceptance, roles, communication and how we deal with things.

· § Our family members have warning signs within their own personality and lifestyle, as well as within our relationship dynamics.

· § These need to be identified and addressed while the addict and family focus on their own treatment process until they can change and reintegrate new and healthy dynamics, such as boundaries and communication style.

· § This will significantly lower risk for re-enactment and relapse cycles for both family and addict.

Stress Response and Management

· § One of the biggest reasons people relapse is as a result of chronic stress & underlying trauma

· § Specific focus is to help patients identify and manage stress as it occurs

· § Reduce the automatic response of defense mechanisms to offer healthy forms of relief

· § This is done using a stress thermometer and Mindfulness Based techniques

Relapse Prevention and Medication Assisted Treatment Continued

· § Assists with craving reduction, challenge with impulsivity, diminishes drug dreams, and blocks the ability to experience a euphoric effect from substances.

· § Commonly used: Naltrexone, Vivatrol and Suboxone

Summary

§Relapse is a common problem among people with addictive disorder, and mainly occurs due to lack of insight and understanding both for the patient and clinicians in the field.

Summary Continued

§ By increasing our awareness, and continuing to stay current with research and training, we can become more effective in helping clients struggling with this issue, to get what they need in their treatment direction and approach to have positive outcomes.