Relapse Prevention Plan

Name: Kennith Downs	Date: 12 January 2023

Diagnosis

Substance Abuse Disorder - Cocaine Type

Triggers

- Being around people who use cocaine
- Stressful situations at work or home
- Social events where cocaine is present

Strategies/resources

- Attend regular therapy sessions
- Join a support group for individuals struggling with cocaine addiction
- Avoid situations where cocaine use is likely to occur

Coping skills

- Deep breathing exercises to manage stress and anxiety
- Practicing mindfulness and meditation to stay present at the moment
- Engaging in physical activity to release endorphins and boost mood

Strategies/resources
• Attend regular yoga or exercise classes • Use a mindfulness or meditation app to help with relaxation • Create a daily routine that includes time for self-care and relaxation
Lifestyle changes
• Develop a healthier sleep schedule • Limit or eliminate alcohol consumption • Improve diet and nutrition
Strategies/resources
• Attend sleep hygiene classes or seek help from a sleep specialist • Attend an alcohol support group or seek help from therapist to address alcohol use • Consult with a nutritionist to create a healthy meal plan
Support system
• Lean on close friends and family for support • Join a recovery group to meet others who understand the challenges of addiction • Seek guidance and support from a sponsor

Strategies/resources
• Attend regular support group meetings • Make time for social activities with friends and family • Ask a sponsor or therapist for support when feeling triggered or overwhelmed
Relapse warning signs
• Increased cravings for cocaine • Feeling irritable or moody • Lapses in self-care or hygiene
Strategies/resources
• Attend therapy or support group meetings more frequently when warning signs arise • Reach out to a sponsor or trusted friend for support when experiencing warning signs
Emergency plan
• Call a trusted friend or family member for support • Contact therapist or sponsor for guidance and support • Seek medical attention if experiencing severe withdrawal symptoms

Strategies/resources
• Keep a list of emergency contacts readily available • Make sure loved ones are aware of the emergency plan and how to access it if needed • Keep emergency medication or resources on hand, if prescribed

Progress Tracking

Date	Notes
25 January 2023	Kennith attended his first support group meeting and shared his struggles with addiction with the group. He found the experience to be helpful and was encouraged by the support he received from the other members.
20 February 2023	Kennith experienced increased cravings for cocaine and reached out to his sponsor for support. His sponsor was able to talk him through the cravings and remind him of the coping strategies in his relapse prevention plan. Kennith was proud of himself for reaching out for help instead of giving in to the cravings.
28 March 2023	Kennith experienced a setback when he attended a social event where cocaine was present. He did not use the drug but found it difficult to resist the temptation. He immediately called his sponsor and discussed the situation. His sponsor encouraged him to attend an additional support group meeting and reach out to his therapist for additional support.

Additional notes

It is important for Kennith to communicate openly with his treatment team and support system about any challenges or setbacks he experiences.

Kennith should celebrate his successes, no matter how small, and be proud of the progress he makes in his recovery journey.