

# Recognizing Relapse: How to Support Your Clients in Recovery



## Challenges and Strategies

### Recognizing if the individual is in recovery

- Check frequency, duration, intensity of behaviors
- Reassess the stages of change (URICA)

### Helping the individual prevent relapse

- Look for changes in habits and procedures
- Encourage the development of a recovery safety net
- Increase naturally occurring dopamine
- Develop a workable relapse prevention plan

### Helping the individual get back on track

- Do a decisional balance
- Reflect on lessons learned
- Review and update list of high-risk people, places and things



- Evaluate if adaptive behaviors are increasing and maladaptive behaviors are decreasing
- Role-play or rehearse skills to demonstrate behavior choices
- Employ extrinsic motivation and place value on social and emotional relationships
- Develop workable recovery plan and get feedback prior to completing treatment
- Share recovery plan, action items, resources and hold them accountable
- Reflect on lessons you learned about the individual

## Additional Resources

### *Getting Back on Track Interactive Journal*

Written by William R. Miller, PhD & Alyssa Forcehimes, PhD

Published by **The Change Companies**<sup>®</sup>

### *Staying Sober: A Guide for Relapse Prevention*

Written by Terence T. Gorski & Merlene Miller

### *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors*

Edited by Dennis M. Donovan & G. Alan Marlatt

### University of Rhode Island Change Assessment Scale (URICA):

<https://habitslab.umbc.edu/urica/>