

# Relapse Prevention Plan

for AI

## Reasons for Change

Reasons why I decided to change:

- With the amounts of heroin and yarndi I was using my life was really falling apart
- I've tried to control my heroin use, but it has never worked for me
- Now I'm not using I've got heaps going for me, back into school and my family respect is building

My Relapse Prevention Plan for managing my drug use is as follows:

1. To not use any heroin
2. To not use yarndi, unless I plan it ahead of time and not more than once a fortnight
3. To use alcohol in a controlled way, once a fortnight. This means no more than 5 standard drinks.
4. In maintaining these goals I will seek regular support of my family and support worker and other chosen support people.
5. After 3 months of following this Relapse Prevention Plan I will revise my over all plan with the assistance of my worker. I will decide whether I wish to continue with the original plan or change it to include and strategies for controlled use.
6. If I decide to use in a controlled way, I will only use in a planned way on selected occasions. I will decide prior to going whether or not I will be drinking on that occasion.
7. If I go back to old patterns of use (any heroin use, binge drinking, more than fortnightly yarndi use) during this time and my 3 month review period I will follow the *Back-up Plan* (below).

# Back-up plan

If any lapses occur before ..... I will;

1. Think of the experience in a positive and constructive way and understand that a lapse is not a total relapse. I will avoid letting it get me down or letting it undermine my efforts to manage my drug and alcohol use.
2. I will inform Nan of my lapse and seek support.
3. I will then contact my support worker to talk about it
  - To figure out how it happened
  - And to figure out how it could be prevented next time, and what I will need to do differently.

# Early Warning Signs

Early warning sign	Thoughts and feelings	Coping strategy
Hanging around people that are using a lot	Think: I'll try it just once more	Start hanging around other people like my aunties sons who don't use
Spending more time on the streets than at home	Think: Fuck it, everyone else is doing it I may as well	Remember that I don't want this crap. Go see Nan or Uncle.
Fighting more with my girlfriend	Think: She's stressing me out, I'm sick of this I may as well use	Calm down, have a yarn to Nan then go for a walk with my girlfriend and talk
Smoking cones or drinking too much (like every week)	Think: Stuff it, I've started now, I may as well keep going	Talk to support worker. Remember what I've done and that I <b>can</b> pull myself up, it's just a slip up.

## SECRET COPING STRATEGIES

### FAMILY and LOVE



# Triggers

Trigger	Thoughts & feelings	Coping strategy
Fighting with girlfriend	I'll show you! I'm going to get a shot!	Think: I can deal with this without that shit. Walk it off, then go back & sort it out.
Losing Nan	Think: I've got nothing now!	Ring PALM, try to talk to support worker. Stick around my family to remind me of everyone else I have got.

# High risk Situations

Location	People	Circumstances	Coping strategy
Anywhere	Anyone	I've lost someone I love, like someone is sick or has died	Ring PALM, stick with the rest of my family. Go and visit Uncle.
Anywhere	Anyone	Argument with girlfriend and she's left me. I think "Fuck it", I've got nothing now. She was the reason	Go out with my cousins, my girlfriend wasn't the only reason I decided to make changes, I've got me and my family love me too.
Mates House	Mates	They're using, I'm wild and they offer me some	Think, Fuck em'. They might be here for this first one but they won't be here when I need it more and more
Old mates places	People I used to use with	They keep offering me and are using in front of me.	Avoid them, leave when they do it & go for a walk with my girlfriend

# Rethinking...

Unhelpful thoughts	Helpful reply!
One won't hurt me, I'll be right	How won't it!! I'll be kicked out and rowing with everyone and wild with myself
My girlfriend is probably doing stuff so I may as well too	Think positive things! I know I can trust her! Stop thinking crap boy!
Life's fucked, everything's fucked, who cares	Think about what I'm doing! Things are good! I'm doing good! Things will get better if I want them too

# Support People

Person	Contact details
Nan	Talk to her, I'll be living there
Dad	Ring him & Visit
Uncle	Ring him & Visit
Mentor	Talk to him at mentoring
Pop	Visit him
Support worker	Call them & see worker

Signed : \_\_\_\_\_

Date \_\_\_\_\_

# Relapse Prevention Plan

For Mary

## Reasons for change

My reasons for changing my drugs use is:

- My drug use has helped me stuff everything up
- Luckily, I got another chance to make things right and get things back on track. There might be more chances in the future, but I don't want to think of that.
- There's some good stuff happening for me... a job, my relationship Mum...I feel better and I am better.

My Relapse Prevention Plan for managing alcohol, amphetamine and cannabis and use is as follows

1. To abstain from speed and pot use for one year
2. To use alcohol in a controlled and limited way. Only having 2 beers in an afternoon, after work and only if I am working. To make sure I have 2 alcohol free days per week. To drink on the weekends but limit the kinds of alcohol I drink (beer not vodka) and
  - Drink non alcoholic drinks in between alcoholic ones
  - Eat while I'm drinking
  - Take a break by moving around and talking to people or going outside to have a smoke.
  - Take notice of how quickly I'm finishing drinks.
3. In keeping these goals I will seek support of my family and support worker and other chosen support people.
4. After 3 months of following this Relapse Prevention Plan I will revise my over all plan with the assistance of my support worker. I will decide whether I wish to continue with the original plan or change it to include other strategies for controlled use.
5. If I go back to any speed or pot use during the time between now and the end of the 3 month period I will follow the *Back-up Plan* (below).

# Back-up plan

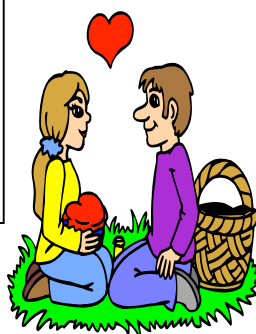
If any lapses occur before ..... I will;

1. Think of the experience in a positive and constructive way and understand that all isn't lost. I will avoid letting it get me down or letting it stop me from trying to manage my drug use.
2. I will let Mum or Jo-Ann know of my lapse and seek support.
3. I will then contact either my support worker to talk about it
  - How it happened
  - And to figure out how it could be prevented next time, and what I will need to do differently.

# Early Warning Signs

Early warning sign	Thoughts and feelings	Coping strategy
Not keeping my appointments	Things are slipping, what's the point	Make them again and mark them on my calendar
Drinking more often	Can't be bothered with work or anything	Work is what I <b>want</b> to do and it takes up my time. Time to get bothered
Spending more time with Matty	Think...This is OK running around with my bro!	Time to go our separate way we just get in shit together
Remembering the good things and not the not so good things	Thinking about the good stuff and that I miss it	Think about the not so good things and what I lost like football & brain cells.

## MARY'S SECRET COPING STRATEGY



# Triggers

Trigger	Thoughts & feelings	Coping strategy
Seeing it around you and friends offer me	I feel like using...what do I do?!	Talk to them. Say I don't like it around me and don't offer me! If they don't listen, they're not real friends.
The smell of pot	Wanting a smoke	Walk away from the smell & go something better
See a needle	Remembering the feeling	Remember other feelings you had without drugs. Like when I saw a mad video
Friends ring and tells me there's a party	I need to go to, that party and I need to get drunk	I don't need to get drunk. I can have a couple. If I can't I'd better stay home.
Offered a cone	Wanting a cone	Nah, I don't want to be lazy. I want to be motivated & get a job. Can't do that & smoke cones
Walk past the pub, see friends in there	Want to get drunk	Nah. I'll just walk out drunk, fighting, with no money left
Talking about going to score Ice	Want to fit in and feel the effect	Tell them and ask them to go & talk about it somewhere else!!

# High risk Situations

Location	People	Circumstances	Coping strategy
Any town	My friends	Walk past the pub with money in my pocket	Tell myself I'll just walk out dribbling & with no money. It's not worth it
Friends House	Friends	Sitting around with friends who are using	Get up and leave! I've done it before, I can do it again
Friends House	Friends and brother	They're sitting around smoking cones and offering me	Leave them to it! I don't want to be sitting around dopey and slow every day
Party	My friends are there	I've had a few drinks and I'm getting the taste	Leave, eat food, go out and have a cigarette, go and talk to my girlfriends. BOYS DON'T WANT ME DRIBBLING ALL OVER THEM!!

# Unhelpful Thoughts

Unhelpful thoughts	Helpful reply!
One won't hurt me!	Think back, it all started with 1 didn't it!
What's the point?! Who cares anyway	Think about fit and healthy I feel without the shit! People do care and it starts with me!!
Thinking that I 'need' it	Crap. I don't 'need' anything I want it, but I want other things too, like a life, job and my mum.
That I'll 'celebrate' by using	Think..How am I celebrating by stuffing myself up??!

Thinking about things and partying that I've missed	Think about the wasted money, the grog and other drugs 'making me dumb', fighting, not caring etc. That's what I've missed out on
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# Support People

Person	Contact details
Support Worker	
JJO	
Family	Mum:
Friend	
Friend	
Friend	

Signed : \_\_\_\_\_

Date: \_\_\_\_\_