Continuing Care Planning

For Successful Recovery
Why is this important?

- There is no cure but recovery is possible
- You can be clean, sober and stable if you have a good plan and follow it
- A good treatment center will begin helping you create YOUR plan right away
- Like diabetes or high blood pressure, you will only be as successful as your willingness to follow your plan

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What goes on my plan?

• Activities to help you prevent lapse or relapse
• People to provide support for you and your recovery
• Activities to help you have clean and sober fun
• Resources for physical, emotional and mental wellness
• Resources to help with school or work
• And more....

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Let’s break this down...

but first a couple of definitions

⇒ Relapse is returning to active addiction, repeatedly using drugs/alcohol
⇒ Lapse is using once or twice and stopping, also known as a slip
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Relapse Prevention

- List of relapse triggers and potential high risk situations
  => these are people, places and things that can lead to relapse
- Plan of what to do if you lapse or relapse
  => these are action steps you can rehearse and practice in case this should happen
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Substance Abuse Treatment Referral

• **Referral to a lower level of care**
  • => Intensive Outpatient or Outpatient counseling, if needed
  • => Your counselor should help you decide on a place and you should have at least your first appointment set-up before you discharge
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Mental Health/Psychiatric Referral

• Referral to a lower level of care
  • => Medication management or specialized mental health treatment, if needed
  • => At minimum, the first appointment should be set before leaving treatment
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General Medical Referral

- Referral to a lower level of care
  - => Primary care or family physician or Pediatrician for general medical needs
  - => Specialty care if needed
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Support Group Attendance

• Referral to 12-Step or other support groups
  • => Commitment to exact days/times for attendance
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Supportive People

• People you can call or visit when you need support or encouragement and to help you work things out
  • => 12-Step Sponsor, supportive family members, clean and sober friends, support group members
  • => Contacting them should be practiced before discharge so it will be easy to do when you need to
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Home Environment

• Daily living factors to help you stay clean and sober
  • => Specific living arrangements
  • => Family significant other relationships
  • => Household rules and guidelines
  • => Daily schedule
  • => Family contract
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Fun and Recreation

• Recreation, exercise and fun without drugs or alcohol
• => What you will do for fun and physical wellness
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Reasons for hope

• **List of goals and things precious to you**
  • => What you want to achieve in your life and what you’ll need to do to get there
  • => Things that are important to you that could be jeopardized by returning to using

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Resources

• List of resources to help you in your life
  • => Education, social services, legal, vocational
What if I don’t follow my plan?

- The main goal of treatment is to learn to follow your plan
- => Not following it can greatly increase your chances of lapse and relapse
What if my plan doesn’t work for me?

• I want to follow my plan but it just doesn’t fit
  • => Contact the counselor who helped you develop your plan, or
  • => See another qualified professional (who you must be completely honest with) for a revised plan.
Questions and further discussion