

Relapse Prevention, Discharge Planning and our Communities

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Relapse Prevention: “intervention strategy for reducing the likelihood and severity of relapse cessation or reduction of problematic behaviors (Hendershot et al, 2011).”



Substance Use (SU) Discharge:
Preparing to leave a SU treatment program.



US Community Impact:
164.8 Million use Substances
11.7% use illicit drugs
65% Prison/jail population
Meet Substance Use
Criteria

Discharge Planning
Evidence-Based Research
Recommends:

- Stable Housing
- Therapy
- Social Support System
- Exercise
- Employment
- Self-Help Groups
- Leisure Activities



Challenges:
Lack of housing options
Lack of employment possibilities
Community/family judgement
Self-doubt



As a community, what can we do to help?

- Open to the possibility of change
- Supportive
- Honest – individual and law enforcement
- Offer jobs/housing
- Familiar with community resources
- Be Available



Hendershot, C., Witkiewitz, K., George, W. & Marlatt, G. (2011). Relapse Prevention for Addictive Behaviors. Substance Abuse Treatment, Prevention and Policy 6(17).
NCDAS. (2020). Drug Abuse Statistics. <https://drugabusestatistics.org/>
SAMHSA. (2019). Key Substance Use and Mental Health Indicators in the United States Results from the 2018 National Survey on Drug Use and Health. www.samhsa.gov >NSDUH National Findings Report 2018
Drake, R., Wallach, M. & McGovern, M. (2005). Future Directions in Preventing Relapse to Substance Abuse Among Clients With Severe Mental Illnesses. Psychiatric Services 56(10).

