IMR Group: Relapse Prevention Collaboration - Shared Pattern Map

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: Casey wants clear agreement about whom to contact if familiar warning signs return.

1. What is known in the fictional example, and what needs checking?

2. Draft a collaborative early-warning plan with routine, increased-support, and urgent-assessment steps using existing care guidance. My notes, drawing, or possible response:

3. What should each support person do, with your permission?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.