Relapse Prevention Collaboration - Concept brief

Understand the idea behind relapse prevention collaboration and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

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

The idea

An illness-management plan can specify support before difficulties escalate.

An ordinary example

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

What this can look like

Draft a collaborative early-warning plan with routine, increased-support, and urgent-assessment steps using existing care guidance.

Check the fit

What should each support person do, with your permission? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What should each support person do, with your permission?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A08-1