Relapse Prevention Collaboration - Review journal

Review an attempt at relapse prevention collaboration and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. An illness-management plan can specify support before difficulties escalate.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What should each support person do, with your permission? My optional adjustment or support request:

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-A08-5