Return-to-Use Response - Concept brief

Understand the idea behind return-to-use response and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan misses an appointment after a return to use and feels embarrassed to call.

The idea

A return to use calls for reassessment and support rather than shame.

An ordinary example

Jordan misses an appointment after a return to use and feels embarrassed to call.

What this can look like

Draft a nonjudgmental plan to reconnect with care, review immediate safety, and ask what needs to change.

Check the fit

What message would make reconnecting easier? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What message would make reconnecting easier?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A07-1