

Relapse Prevention Planning and Graduation



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Learning Objectives

Participants will:

- Identify when to initiate the relapse prevention planning phase of treatment
- Learn skills to successfully engage and prepare clients for graduation, including the use of a relapse prevention plan
- Develop an organizational relapse prevention planning workflow



Beginning, Middle, and
End of Treatment



When there's no
destination...

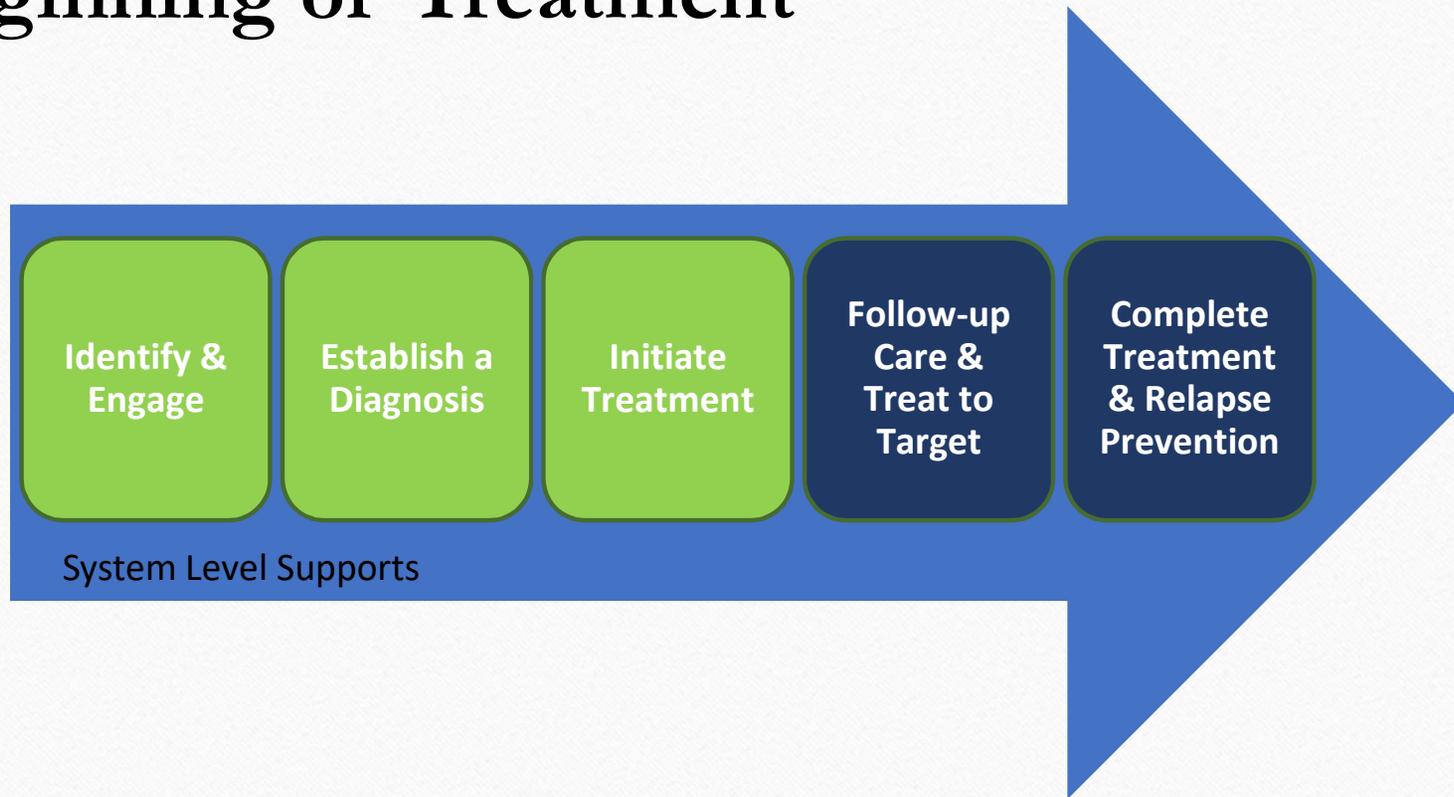


Are we
there
yet...?

Collaborative Care Workflow



Beginning of Treatment



Middle of Treatment



End of Treatment



The key is celebration



Preparing for Graduation

- **Foreshadow graduation from the very beginning of treatment**

“My philosophy in terms of our time together is not for you to be meeting with me for years and years on end but that you’re going through a tough time in your life right now. And my role is to walk with you until we find what helps you to feel better. And once you’re feeling better*, then we’re going to talk about scaling back from once a week to once every two weeks or once every two weeks to once a month or to have some sort of organic end point that we’ll discuss together, so that you’re able to live your life to the fullest.”

*Whenever possible, use the client’s own words to describe this

Preparing for Graduation

**Transitioning to the Relapse Prevention Planning
Phase of Treatment (i.e., the end)**

Core Question in Caseload Review

Have the patient's goals been reached?

PHQ-9/GAD-7 scores below 10 (sub-clinical) within 90 days/ every month after

OR

50% decrease in baseline PHQ-9/GAD-7 score within 90 days/ every month after

If **NO**,
psychiatric consultation
and/or change in
treatment

If **YES**,
transition to relapse
prevention planning
phase of treatment

Transitioning to the Relapse Prevention Planning Phase of Treatment

- Active Treatment (**Middle**)
 - Meeting with the client once a week or once every two weeks via telephone or in-person until client's symptoms improve
- Relapse Prevention Planning (**End**)
 - Usually takes place over a 3-month period to monitor client's progress over time
 - **Goal:** to help prepare clients for graduation and to manage their symptoms on their own

Relapse Prevention Planning

- Affirm client strengths and progress to date
 - This is a very important step so that clients are able to recognize their growth and hard work in care
- Explicitly introduce shift to relapse prevention planning phase of treatment
- Normalize any client concerns or fears about graduation.
 - This is a very common reaction, especially with clients, who have progressed a lot in treatment.
 - We want to anticipate this response, normalize it, and use it to segue into creating a plan together that will help our clients feel confident when they graduate.

Relapse Prevention Planning

- Explicitly discuss tentative graduation date (e.g., end of October 2020)
 - Ensures that you and the client are on the same page vs. saying “soon” or “in a few weeks”
- Have a collaborative discussion with client to design a personalized plan
 - Identify any remaining clinical goals to focus on over the next 3 months
 - Agree on frequency of sessions for next 3 months
- Consistently check in on client’s feelings about graduation over the next 3 months

Relapse Prevention Planning

- Consistently check in on client's feelings about graduation over the next 3 months
 - Highlight successes and have client reflect on what contributed to those successes
 - Emphasize client agency – what did they do to set themselves up for success?
 - Highlight growth in the face of setbacks
 - Challenges and relapse will often be a part of this process like with any recovery period. We want to normalize that and emphasize their resilience and coping skills.

Relapse Prevention Planning

- Complete relapse prevention plan (RPP)
 - Use clinical judgment. If client is likely to disengage earlier than the 3-month period, frontload RPP. If client is likely to remain engaged in care until last scheduled session, can bookend treatment with RPP. If unsure, earlier is better and can revisit at last session.
- Emphasize open door policy
- Complete discharge summary in EHR and Collaborative Care registry
- Communicate client's discharge to Collaborative Care team

Relapse Prevention Plan

Patient Name: _____ Date: _____

Maintenance Medications

- 1. _____; _____ tablet(s) of _____ mg _____ Take at least until _____
- 2. _____; _____ tablet(s) of _____ mg _____ Take at least until _____
- 3. _____; _____ tablet(s) of _____ mg _____ Take at least until _____
- 4. _____; _____ tablet(s) of _____ mg _____ Take at least until _____

Call your primary care provider or your care manager with any questions (see contact information below).

Other Treatments

- 1. _____
- 2. _____
- 3. _____

Personal Warning Signs

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Things I do to Prevent Symptoms from Returning

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Sample Relapse Prevention Plan

Maintenance Medication

- Confirm current medication and adequate refills
- Review how to request refills
- Clarify that client will still meet with PCP for primary care
- Check that client is scheduled for follow-up with PCP
- Emphasize the importance of talking with their PCP before making any changes to their medication
 - Describe discontinuation syndrome

Wrap-Up of Relapse Prevention Plan

- Next appointments
 - Confirm that client is scheduled for follow-up with PCP (and any other health visits), as needed
- Review how to use the RPP
 - Where will the client keep it?
 - Both client and clinician (EHR) should have a copy
- Emphasize open door policy
 - Your team remains here and available if the client ever wants to re-engage in care
 - Who can they reach out to? PCP and/or BHCM directly



**Celebration + Personalization
= Successful Graduation from Care**

Discussion

What is your current graduation workflow?

What changes do you need to make to adjust it to a Collaborative Care workflow?

How do you think your clients would respond to these changes?

What feels easy to you? What might feel like a challenge?

Questions

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