

# 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. \_\_\_\_\_

If symptoms return, contact: \_\_\_\_\_ Tel. Number: \_\_\_\_\_

## Appointment Information

Primary Care Provider: \_\_\_\_\_ Tel. Number: \_\_\_\_\_

Next appointment: Date: \_\_\_\_\_ Time: \_\_\_\_\_

Psychiatrist: \_\_\_\_\_ Tel Number: \_\_\_\_\_

Next appointment: Date: \_\_\_\_\_ Time: \_\_\_\_\_

## **PST – RELAPSE PREVENTION PLAN**

A relapse prevention plan is an important part of PST treatment. A relapse prevention plan can be created when PST is completed, or any time the patient decides to end treatment. Work with the patient to provide psycho education re: the usefulness of a relapse prevention plan by addressing the content areas below. The components of a relapse prevention plan are as follows:

### **1. Why a relapse prevention plan is helpful**

- A relapse prevention plan helps identify and interrupt signs of a returning depression by identifying useful steps to take to address symptoms before they spiral down and out of control
- Provide psycho education on the possibility of a cyclic nature of depression: Depression can return, but this does not mean that it can't be addressed and resolved. The patient has the tools to address the depression if it returns and the relapse prevention plan can help.

### **2. Early warning signs of a relapse**

- Ask patient to make a list of warning signs - symptoms that occur when the patient is depressed, reduction in pleasurable activities, etc. - in order to heighten the patient's awareness of a returning depression.

### **3. What's been helpful in keeping symptoms from returning**

- Ask the patient to identify useful behavioral activation activities that the patient is working on that help keep depression from returning
- Explore and reinforce the PST skills the patient has been using to address depression
- Send the message that there are things that the patient can do to address symptoms if they recur – Re-engage in BA and use PST

### **4. Medication adherence**

- If the patient is on medication you need to inform them that they should not go off medication on their own. Encourage the patient to keep the next follow up appointment with their Doctor to discuss course of treatment with medication
- Explore and challenge any erroneous beliefs re: medication with the patient and provide appropriate feedback re: the importance of medication – if the patient is on medication at end of PST treatment.
- Main messages that you can impart include: 1. Medication should not be stopped abruptly. This is usually done in conjunction with the Doctor to identify a safe way to begin tapering off medication so side effects are minimized. 2. The average length of time on a medication is one year. Even if the patient is feeling better it does not mean that the medication is no longer needed. If the patient had missed doses and does not feel any negative effect this is because the medication is still in their system.

### **5. Use the PST premise re: return of symptoms to check in and identify what the problem is.**

- Explain that if depression symptoms begin to recur that the patient should check to see what's changed
- Have they stopped doing the activities they were enjoying?
- Is there a problem on their mind that they are not addressing?
- Use the sign of a symptom to check in and begin to figure out what's wrong – then take steps to address it.

Reinforce the patient's ability to Problem Solve and create a written action plan for Relapse Prevention. Also inform the patient that if they are not able to make changes in their mood they can return to see their Doctor or to see you.