

My Crisis Plan

By: Parent

My Crisis Plan centers on the safety of my children in the event I feel I am going to relapse. Although I do have a detailed Relapse Prevention Plan in place to prevent a relapse, I want to make sure my children are never put in harms way.

My mother and my support team are the key influences to my crisis plan. My mother, sponsor, and mentor have agreed to intercede if necessary to make sure my children have a clean and sober home. In the event I feel I am slipping into old behavior, I will contact my mother and she has agreed to take my daughters in until I am stable. If my mother is not available and I am still feeling the urge to use, I will then call my support team and I will ask them to come and help me. If I am in a dire situation and no one is available, I will contact the Respite Care CPS Hotline and ask them for help.

If I do relapse, I will contact my sponsor right away and set up to go to an N.A. or A.A. meeting immediately. I will follow my sponsor's suggestions and do whatever is required of me by my sponsor to stop the path of bad decision making. If at all possible, a full relapse is not required. If I feel like my thinking patterns are leaning towards my old behavior, I will contact my sponsor and work on a plan that will keep me on track. If my sponsor feels it is in the best interest of my children to stay with my mother until I have balanced my thought process and feelings of relapse, then I will contact my mother immediately and arrange with her to come get my daughters.

In the past, I have proven that in stressful situations I have put my children first. Although I did relapse and come to prison, prior to my incarceration, I placed both CHILD and CHILD with my RELATIVE to assure they would be in a stable, clean, and loving environment. When my daughter CHILD was in the hospital when she was a baby, I stayed by her side at all times and when Carina was not with me she was with my mother. When things at home became unsuitable due to my ex-husbands unpredictable outburst, I took my daughters from the home and moved us to a clean and sober house until he got into therapy. I am determined to provide my children with a safe home and a loving environment even if it means they have to live outside of my home until it is safe for them to come back.

I want my family and support team to be just as much involved in my crisis plan as I am. It is my responsibility to reach out for help when I feel I need it, however; if my support believes I am demonstrating relapse behavior, they will call an intervention meeting. At this meeting, if my support team feels my behavior is unsafe or that I need to concentrate on myself without the responsibility of taking care of my children, then they can suggest my mother take them into her care until I am stable. An example of an intervention crisis plan would be as follows:

1. My support team calls an intervention meeting
2. It is determined I am showing signs of relapse
3. I will call my social worker immediately to let her know what is going on and establish a plan
4. If my team establishes I need a treatment evaluation and depending on the evaluation, in-patient or out-patient treatment may be required

5. If treatment is not decided, it may be decided for me to do (90) N.A. meetings in (90) days.
6. My team will require my to check in on a daily basis
7. I will be required to attend Al-A-non with my children so they can better understand what I am going through and we will be able to work through the problems together.
8. My mother will take CHILD and CHILD to stay with her until my support team (including my social worker) deems it appropriate from them to come back home
9. I will follow all recommendations my support team gives me
10. Once I have accomplished all the necessary recommendations and I am back to a stable and clean life, my team will have another meeting to determine when to bring my children back home.

Having an effective Crisis Plan is extremely important to me. My children and my sobriety are my main focus now and upon my release. I know the key to my success will be to maintain contact with my support team on a regular basis. My goal is to recognize the signs of a crisis before they happen, so it is not necessary for a relapse to occur. If a relapse does occur, I will take all necessary steps to minimize the damage that is done to my children. This plan is based on the desire to maintain a safe, loving, nurturing, and clean and sober environment for my children and myself.