

## My Relapse Prevention Plan By: Parent

I will be 36 years old at the time of my release on 5-19-13. This is one of my relapse prevention plans. I say one, because I personally believe that a person needs to always have a back up plan, or a plan B, a crisis plan as well. I believe that a very important component to my staying healthy and abstaining from substance use is to have this relapse prevention plan in place before I ever get the urge to relapse. That is one reason I am writing this prevention plan, to identify the stressors and possible solutions, and to let my support team know how to assist me in my recovery. My plan will help me to resist the temptation when or if I am ever presented with the overwhelming desire to use. This has happened in the past when I felt alone/abandoned and I began to pull away when I'm feeling unwelcome. There was always a progressive pattern of warning signs which built up to me choice to use. Now, I can identify and recognize these signs. While I am sober, I have learned ways to better manage the relapse warning signs.

I am currently divorced and I have two wonderful daughters, child and Tammara child, whom are the joy of my life. While incarcerated, I have strived very hard to change my life. I have completed Women in Transition's class that has taught me about all aspects of a positive re-entry into my community, and life skills. I completed Basic Computing class which taught me how to use a computer to complete job applications, resumes, etc. I've completed the Domestic Violence Relationship Skills class and learned new ways to prevent Domestic Violence in my relationship in my relationships and it boosted my self-esteem. I have completed four (4) classes of Grief and Loss and life change, where I've learned a variety of coping skills. I also learned we have good stress in our lives everyday, the importance of forgiving and not forgetting, the good way to process grief, loss, and life change. I learned how to really listen to my gentle heart and kind spirit, how to positively move through this cycle in a positive way to better my future for me and my children. I have learned the pain from my past experiences have not been as hard on me as my resisting help from others has. I have also completed positive parenting skills and communication techniques and ways to parent teens and adolescents. I am also a member of toastmasters, where I learn how to speak and the proper communication skills. I have recently completed Chemical Dependency treatment, as well as, seven months of Therapeutic Community Behavioral Modification classes. While in Confident Parenting, I learned specific parenting skills, healthy ways to parent teens and good positive communication in my parent/child relationship, and how to bring God into our lives. I have completed the realities of re-entry workshop, where I made a resume, cover letter, and I participated in mock interviews to learn what a employer is looking for and how to explain my past in a positive way to help get a job. I have really made a substantial amount of change in my life to assure a successful re-entry and it is a challenge. Every day I learn something new, whether it is a coping skill or technical one. Everyday that I go to work at the WCCW Law Library is a day that I know leads me closer to my goals of not only freedom, but towards a life beyond these walls where I can become the woman who I was always meant to be.

One of my triggers is loneliness, now I know that these feelings came from my childhood as well as some relationship problems I was going through at the time. This was a critical warning sign I experienced prior to my relapse. I had never told anyone about my relationship problems and as a result I never got any assistance with my issues until I got here and asked some of the warning signs. Today I know my warning signs include: the need to use to feel like I was loved and I would not be left alone, and I used because of the need to not feel lonely. Now I can see these irrational thoughts, unmanageable feelings, and self defeating behaviors could have all been prevented had I only reached out for help. I now know I am in trouble with my recovery when I am feeling lonely and unable to fit in with other people. When this happens I tend to think I am not good enough and nobody cares about how I am feeling. This is when I start to feel abandoned, neglected, and afraid. I do not open up and talk with others in fear of rejection; I tend to think I need to try harder in order to please others and to get things under control, so I do not feel humiliated and embarrassed. I drive myself to keep working even though I know I need to not worry and just be me. This is a detailed description of some of the relapse warning signs I have experienced. Now, I not only understand these warnings signs, but I am making others close to me understand them as well. I can now manage them without resorting to drug use.

I also learned that unconditional love is unconditional. I learned that non chemical problem solving strategies make me feel better as a person. I can now identify when I'm in a high risk situation and I have positive coping strategies, so I can diffuse the irrational thinking errors. I can positively manage painful feelings and stop my self defeating behaviors before they lead to my using drugs. I know I am in trouble with my recovery when I feel rejection, so my general coping strategy is: I will express how I am feeling to my sponsor, life coach (name), family, mentor (name), church (name), and close friends. I will go to all my support groups and use my meditation skills to calm down when I am feeling anxiety or lonely. When I am feeling this way I will try harder to remind myself of all the people in my life that love and support me. I will tell my support team how I am feeling. I will reach out for help and I will try not to hide it or minimize my feelings.

My self defeating behaviors are separating myself from loved ones; therefore, I will stay in regular contact with people on my support team. I will tell them in advance of my warning signs, so they can recognize and help me. This alone will make a huge difference between recovery and relapse for me. I will encourage my family to learn about my addiction and triggers, as well as, for them to attend Al-a-non or Celebrate Recovery, so they can learn and recover from co-dependency. With this solid foundation I have built, I can and will take the responsibility to conquer my goals and needs. I have hurt my loved ones most and this hurts me. I want to work with them to avoid any future hurts/relapses. I never want to go back to my old ways. Chemical Dependency is a disease, just like heart disease. I am now prepared to take fast action if I ever feel like using. These are the steps I will take if I ever like using, if I feel abandoned, or neglected.

As you can see, I have a prevention plan I wrote in advance to help me get my plans known by my support team, which I will update regularly. I know that things will not always be easy. I will always have struggles in life and I will not try to cover them up which leads me to use. I have a plan now. I also have a lot of good coping skills and tools, and a good mind set to be successful in life.

Today is February 1<sup>st</sup> 2013; my substance of choice was Heroin. I plan to prevent the possibilities of a relapse by using this relapse prevention plan and sharing it with my support team. I have a lot of support from my close friends, family, CPS, my life coach (name), my mentor (name), and my AA sponsor. Here is a list of my current support team:

- 1) NAME, my father
- 2) NAME, my mother
- 3) NAME, my step-father
- 4) NAME, my aunt
- 5) NAME, my cousin
- 6) NAME, clean/sober friend of 7 years
- 7) NAME, clean/sober friend of 12 years
- 8) NAME, life long friend and spiritual support
- 9) NAME, my life coach
- 10) NAME, my mentor and she will provide transportation, emotional support, and support in my recovery in work release and upon my release.

Here is a list of the jobs I have had and my plan for employment:

- 1) Cherry Valley Chicken Farm
- 2) Draper Valley Chicken Farm
- 3) McDonalds, Manager
- 4) Dairy Queen, Manager
- 5) Bartender
- 6) Barista
- 7) Carpet installer at Brunton installation
- 8) TSP lawn and landscaping
- 9) Care Giver
- 10) Child Care Provider
- 11) Cashier at Texico
- 12) Fork lift operator for Town City Foods

I will look for a job in any field. I will like any job I can get. I plan on going to Work Source everyday. I will look in the news paper and ask others around me for leads. I will send out resumes to larger cooperate jobs, such as Wal-Mart, Target, etc. I do not plan on going back to school at this time. A job is my priority. I may get more education in the future to gain knowledge of nursing. I will be financially stable and I will get benefits from DSHS upon my release, as well as, use my savings until I get a job any my family is willing to assist me as needed. I am working on getting my Driver's License back, but until then I will rely on the bus and family to get me to all my needed appointments.

I plan to prevent the possibility of a relapse by being completely open and honest about my addiction and my recovery. I will attend seven 12-step meetings a week and I will attend (2) Celebrate Recovery meetings a month with my children. I will also continue to see my mental health counselor as recommended by CPS. I will try to follow all recommendations. I will be on time to all my DOC appointments, CPS meetings, out-

patient treatment requirements, random UA's etc...If I ever feel the urge to use any drug, I will immediately call my mother, my sponsor, and my team. I now realize that my family will be there to support me 100% and when things start getting tough, I know I can depend on them for support by talking things out. My family and children are very important to me. I want everyone to know that I plan on getting involved in every aspect of my girls' lives. I want to attend all of their school activities, sports, band, cheerleading, and I want to volunteer to help in every way I can to support them emotionally. In all they do, I want to show my daughters that they are very important to me...I also plan to involve my girls in my recovery as much as possible. I want to do family activities regularly to reduce the stress we will have by walking, camping, taking bike rides etc. This way we can enjoy time together again. I am determined to have my children be a part of my recovery, as I know they were affected by my addiction by us being separated during my incarceration.

I know I will be successful in my release and recovery because I have a list of names and numbers and I know I can call for support at any time to anyone of them. I am now ready to reach out for a hand up. I realize that asking for a hand up is not the same as asking for a hand out. Today, I know what I am looking at and I know what I am getting into and how to handle any situation in between. I am excited to start a fresh, new, clean and sober life with my family and friends.