



Relapse Management Plan

The intent of this document is to have a written plan in place in the event that your girl chooses any one of a number of unacceptable behaviors. The steps are written down and agreed upon by parents and their girl BEFORE the first home visit on Phase IV, when unsupervised time with friends is permitted.

First and foremost, know that relapses are often part of early recovery. Treat the incident as significant but not as a tragedy. Be loving but firm with your boundaries. Your child has engaged in behavior that is not acceptable, probably violated prior agreements with you and looks like what you saw BEFORE she went to SRA. It will be very frightening. However, how you handle the incident can facilitate the relapse actually being a positive learning experience. Remember, don't take it personally! She did not do this to you, she did it to herself. Lean on your significant other for support. Address the issues as a couple from a loving, firm and UNITED stance. Then, do the following:

1. Take actions to deal with any possible physical harm. This may include a visit to either the family physician or an Emergency Room depending upon the girls' condition and chosen method of acting out.

Family Physician name & number - _____

Hospital Emergency room of choice address & number - _____

2. Parents call their support network as well as SRA. Know who you will call for support first and their number –

3. Parents facilitate girl calling her support network/sponsor/SRA - Know who she will call for support first and their number –

4. Schedule visit ASAP with your Family Therapist to process the incident, review rules and structure for possible changes or additions, and renew commitments to each other within the family – Therapist name & number –

5. Depending on the method of acting out, and the level of denial you see, schedule drug testing/pregnancy testing/STD testing ASAP – Physician &/or Lab name and number –

6. Implement the consequences defined within the Self-Assessment Plan.