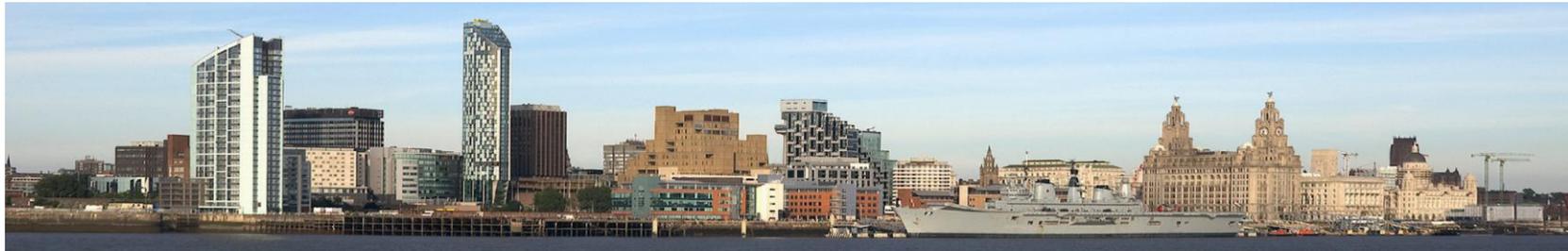


RELAPSE PREVENTION TOOLKIT: CLINICIAN GUIDE



Inclusion Matters Wirral

A talking therapies service
for people in Wirral



Inclusion Matters is a partnership between Inclusion, a part of South Staffordshire & Shropshire
Healthcare NHS Foundation Trust and Mental Health Matters

Relapse Prevention

Three elements to include:

WHAT:

WHAT INFORMATION
DOES THE PERSON NEED?

- Personalised information about problem
- Personalised information about what helps or prevents problems
- Warning signs
- Personalised summaries of therapeutic work
- What is life like when its better
- Contact numbers

HOW:

HAVE YOU USED A RANGE OF WAYS (AT
LEAST 2) TO GIVE THIS INFORMATION?

- Images
- Letters
- Sensory cues
- Poetry/prose
- Video
- Audio
- Text

WHEN:

TIMING OF WHEN TO USE DIFFERENT
TECHNIQUES AND INFORMATION?

- Daily or weekly activities/thoughts/tasks
- Helpful things to respond to warning signs
- Timings of self-review
- Significant anniversaries/dates

Goal: To produce a single A4 sheet summarising things that prevent relapse and ensure good mental health, warning signs and indicators of risk, with clear actions for these. This plan to be shared with GPs and significant others.

Guidance for Information:

Consider what is important for the service user to remember.

What have they found useful in terms of knowledge?

e.g. knowledge about anxiety in the body; knowledge about how they tend to put others before themselves

What have they found useful in terms of skills?

e.g. breathing exercises; keeping a diary

What things have they found useful to do?

e.g. daily walking, hobbies, yoga, making time for specific family/friends

What resources do they have?

e.g. worksheets from therapy, recordings, reflections, letters, people, contact numbers, internet forum or other links

Principles:

Use the service user's own words and descriptions

Use bullet points

Differentiate warning signs (red flags) from normal ups and downs of life

Specifically link red flags with specific actions

e.g. I've not felt like going out and haven't left the house several days this week; phone a friend you enjoy talking to or put your clothes out ready the night before to make it feel easier to get dressed.

WHAT

- Personalised information about problem
- Personalised information about what helps or prevents problems
- Warning signs
- Personalised summaries of therapeutic work
- What is life like when its better
- Contact numbers

What methods are you using?

- Consider the specific needs of the service user *i.e. sensory needs and disability, but also the way that best suits service users (visual/verbal etc.)*
- Present the same material in multiple ways *i.e. if giving a written summary try out different formats: letter, pictures, metaphors, images, poems, video clips and internet links.*
- Share resources and ideas with colleagues.
- Use service user's interests and ideas
- Consider making recordings using smartphones for service user to keep.
- Letters and video messages may reflect on the past, and what has been learnt, the present and describe current daily life, or be aimed at the future self.
- Letters and videos can be made by service user (e.g. letter to future self) or from therapist either to current self, past or future self.
- Be creative – use symbolic objects (beautiful stones, found objects etc.); scrapbooks etc.

HOW?

- Images
- Letters
- Sensory cues
- Poetry/prose
- Analogies and metaphors
- Video
- Audio
- Text
- Past, present, future

Consider the timing of different strategies:

Link strategies to a category:

1. Daily/weekly/regular things = preventative.
2. First aid for warning signs/bad days = dealing with lapses and difficult times.
3. Urgent action for relapses = when things get tough and stay tough

Thing about how to schedule and prompt service users to use strategies

- ▶ Link it to an established routine (e.g. morning cup of tea, school run etc.).
- ▶ Use external prompts and reminders – post it notes, electronic calendar reminders, apps, facebook etc.
- ▶ Use other people e.g. getting them involved in the activity with you, or sharing information, or asking them to check up with you once a week.
- ▶ Consider sending a reminder/summary letter or email at an agreed time (e.g. 3 mths post therapy).
- ▶ Consider increasing the frequency and variety of helpful strategies in preparation for significant dates such as anniversaries, birthdays, Christmas, holiday periods, etc.

WHEN:

TIMING OF WHEN TO USE DIFFERENT TECHNIQUES AND INFORMATION?

Daily or weekly activities/thoughts/tasks

Helpful things to respond to warning signs

Timings of self-review

Significant anniversaries/dates

Summarise together: *Example*

What helps me with every day life:

- Seeing a friend
- Taking my dog to the park
- Watching football with friends
- Singing
- Taking the time to enjoy my morning cup of tea
- Checking my thinking is not getting too negative
- Breathing techniques for stress
- Remembering my achievements in life
- Imagining myself as a confident, happy person
- Watching my therapy video
- Reading through my therapy letters
- Watching funny animal clips on youtube
- Going to the cinema

What helps with 'Down days' is:

- Looking at my week to see if I'm missing out on things that help (e.g. seeing friends), then making a plan to do MORE helpful things from my list
- Looking through my therapy folder
- Watching my therapy video message
- Trying some of the internet courses on www.lltff.com
- Putting helpful things into the diary so I force myself to do them
- Deliberately trying to change my negative and critical voice to a kinder way of thinking, imagine how my therapist might talk to me

Warning signs:

- Not having been able to do the things that help me – more than 2 days a week where I didn't do anything I enjoy
- Feeling like a failure when things go wrong
- Difficult life events (e.g. family illness, work, money)
- Feeling alone, but not wanting to see people

Urgent warning signs:

- Feeling very hopeless
- Having had more bad days than good for at least 2 weeks
- Thoughts about being better off dead
- Feeling angry
- Drinking alcohol more than 4 nights a week

TAKE ACTION

- Email my therapist and ask for advice
- Call Inclusion Matters on 0151 228 2300 and ask for a re-referral
- Tell mum that you need her to make sure you go to appointments
- Make appointment with GP

