

## Mental Illness Relapse Prevention Worksheet

A. Early warning signs that I may be about to experience a relapse of my mental illness (e.g., trouble sleeping, being isolated from others, confused thinking):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

B. Feelings I experience when I'm about to have a relapse of my mental illness (e.g., paranoia, nervousness, sadness):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

C. Plan to be implemented when early warning signs or feelings appear (e.g., call my doctor, call my case manager, call a support person, go to a Twelve-Step meeting):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Therapist's/case manager's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Substance Abuse Relapse Prevention Worksheet

A. Early warning signs that I may be about to experience a relapse of my substance abuse (e.g., going to places where I used to drink or use drugs, hanging out with people I used to drink or use drugs with, cravings, decreased need for sleep, becoming more isolated):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

B. Feelings I experience when I want to start using substances again (e.g., angry, sad, bored, nervous, anxious, guilty, excited, self-confident):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

C. Plan to be implemented when early warning signs or feelings appear (e.g., call my doctor, call my case manager, call a support person, go to a Twelve-Step meeting):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Therapist's/case manager's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Support person's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

# Recovery Mountain Worksheet

**Instructions:** Recovery from dual disorders is like climbing a mountain, *Recovery Mountain*. The process of recovery involves overcoming different obstacles and challenges, and dealing with various setbacks. You make progress on your personal journey of recovery by learning your warning signs of mental illness and substance abuse, and developing effective coping skills.

Use this worksheet to identify your warning signs and the coping skills you have found most helpful.

Warning signs of mental illness

Coping skills

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

*Substance abuse*

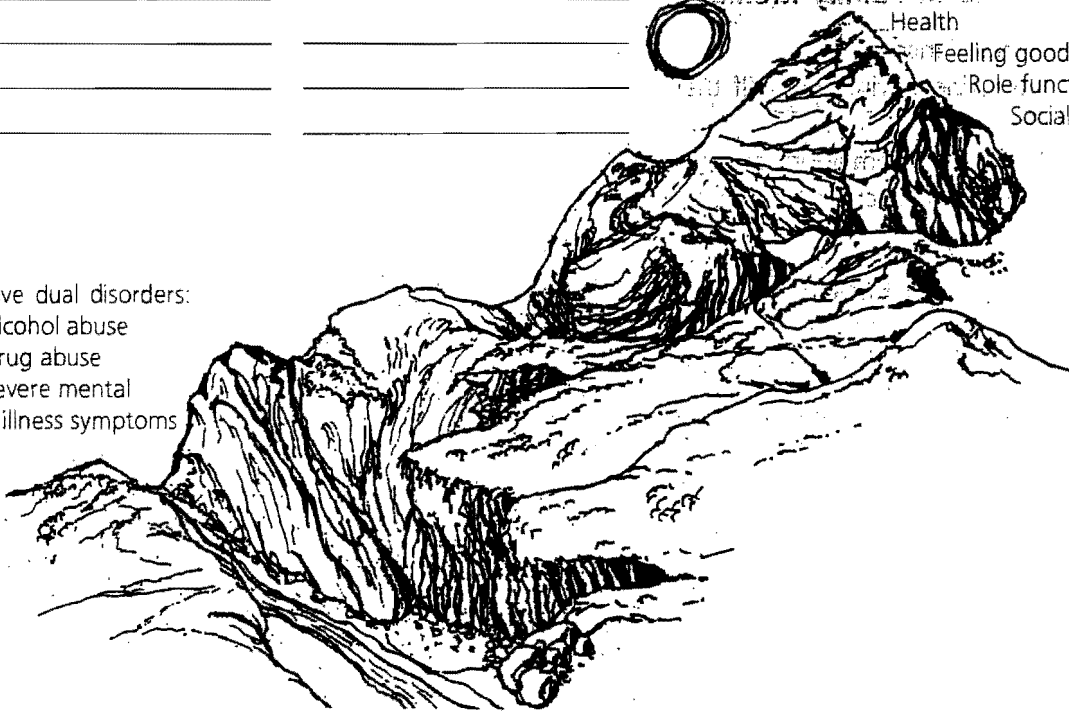
Warning signs of mental illness

Coping skills

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Recovery Mountain:  
Health  
Feeling good  
Role functioning  
Social relationships

Active dual disorders:  
Alcohol abuse  
Drug abuse  
Severe mental illness symptoms



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## Pleasant Activities Worksheet

1. List pleasant activities that do not depend upon others, are noncompetitive, and have some physical, mental, or spiritual value for you. You can improve your level of performance in these activities, and you can accept your level of performance without criticizing yourself.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

2. Schedule 30–60 minutes of “personal time” at least three times per week to engage in these activities. Set aside the time each day. You do not have to select which activity you will do ahead of time. Select the activity from your list above.

	Appointment for personal time	Activity you choose to do
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

3. At the end of the week, look back and note which activities you most enjoyed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Are there any other activities not on your list that you would like to add to this list?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



<b>Crisis</b>	<b>Coping Strategies</b>
<b>When Things are Breaking Down</b>	<b>Coping Strategies</b>
<b>Early Warning Signs</b>	<b>Coping Strategies</b>
<b>Triggers</b>	<b>Coping Strategies</b>
<b>Daily Maintenance Plan</b>	<b>Coping Strategies</b>

# CRISIS PLAN

Name: \_\_\_\_\_

Case Manager: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Treatment Facilities or Hospitals to Avoid if possible: \_\_\_\_\_

Helpful treatments: \_\_\_\_\_

Treatments to Avoid: \_\_\_\_\_

The following are individuals who may assist me when crisis symptoms are present:

Name/Relationship to me

Action Steps:

Phone:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Individuals who should not be involved with my care under any circumstances:

Healthy signs that indicate supporters should back out their assistance and allow me to take over again: \_\_\_\_\_



## WRAP Key to Terms

<b>Crisis</b>	<ul style="list-style-type: none"> <li>■ Primary symptoms are present.</li> <li>■ Describe how the person experiences their symptoms.</li> <li>■ Symptoms interfere with daily living &amp; the person is unable to manage activities.</li> <li>■ Other's need to take responsibility for the person's care.</li> </ul>	<b>Coping Strategies</b> <i>The coping plan for crisis is completed in advance</i>	<ul style="list-style-type: none"> <li>■ There is a clear outline for who may &amp; who may <i>not</i> be involved in a person's care.</li> <li>■ Social supports are contacted &amp; know their role in the person's life, including <i>when</i> to back out of support.</li> <li>■ Include ideas for pet care or who can help obtain personal care items.</li> <li>■ If stated, hospital preference is considered.</li> <li>■ Medication preference, including the person's perspective of medication used in the past, is considered.</li> </ul>
<b>When Things are Breaking Down</b>	<ul style="list-style-type: none"> <li>■ Primary symptoms are present.</li> <li>■ Describe how the person experiences their symptoms.</li> <li>■ The person may manage most activities of daily living &amp; can still access supports &amp; resources.</li> <li>■ Symptoms may be as severe or intense as crisis symptoms.</li> </ul>	<b>Coping Strategies</b>	<ul style="list-style-type: none"> <li>■ There is an intentional focus on the person's daily maintenance plan or extra coping strategies.</li> <li>■ Contact with supports becomes important.</li> <li>■ Access other resources.</li> </ul>
<b>Early Warning Signs</b>	<ul style="list-style-type: none"> <li>■ There is a subtle change in the person's thoughts, attitude, or behavior.</li> <li>■ Changes would be considered "out of character."</li> <li>■ The person may or may not have insight about these changes.</li> <li>■ Key causes might include change, stress, or sleep disturbance.</li> <li>■ Prodromal symptoms (3R's) are present (there is a narrow window before prodromal symptoms become ordinary symptoms).</li> </ul>	<b>Coping Strategies</b>	<ul style="list-style-type: none"> <li>■ There may be a willingness to accept feedback from others or to look at cues from the environment.</li> <li>■ Focus intentionally on daily maintenance plan.</li> <li>■ Implement extra coping strategies as needed.</li> </ul>
<b>Triggers</b>	<ul style="list-style-type: none"> <li>■ External events or circumstances, if they occur, may produce symptoms (or warning signs) &amp; may be very uncomfortable.</li> <li>■ Triggers may include physical health problems, substance abuse (alcohol, street drugs, caffeine, nicotine), or a relationship conflict.</li> </ul>	<b>Coping Strategies</b>	<ul style="list-style-type: none"> <li>■ Develop a preventative plan for triggers.</li> <li>■ Most people know what their triggers are.</li> <li>■ Triggers cannot always be avoided.</li> <li>■ Outline alternatives.</li> <li>■ What has worked in the past?</li> <li>■ Implement daily maintenance plan.</li> <li>■ Engage in extra coping strategies.</li> </ul>
<b>Daily Maintenance Plan</b>	<ul style="list-style-type: none"> <li>■ What does the person need <i>everyday</i> to be as well as possible?</li> <li>■ Include routines, time management, social contact, &amp; physical and mental health considerations.</li> </ul>	<b>Coping Strategies</b>	<ul style="list-style-type: none"> <li>■ Name social supports &amp; resources.</li> <li>■ Include hobbies &amp; interests, even if the person is not currently engaged in the activity.</li> <li>■ What are helpful stress management techniques?</li> <li>■ What are the person's hopes, dreams, aspirations, or vocational interests? What were they as a young person?</li> <li>■ How does the person connect with meaning &amp; purpose in their life (can it be spiritual?)</li> <li>■ Is there a connection with nature?</li> </ul>