

RECOVERY SUPPORT SERVICES:

Relapse Prevention/Wellness Recovery Support

Target Population	This service is appropriate for any individual who may be at varying points on the continuum of recovery who is facing situations that put them at risk of resuming substance use or impaired wellness.
Expected Outcomes	<p>Expected outcomes should be consistent with those indicated in the individual’s recovery/and wellness plan. These may include the following:</p> <ul style="list-style-type: none"> • Continued length of abstinence from substances • Improved bio-psychosocial health • Increased ability to identify and manage high-risk situations that could lead to relapse • Increased ability to be proactive regarding relapse prevention and wellness recovery planning including the ability to identify warning signs and triggers and to adhere to self-defined goals and strategies to maintain abstinence and wellness achievements • A reduction in mental illness and/or substance use disorder services as individuals assume responsibility for their own wellness and recovery stability, manage and reduce their symptoms through varied self-help techniques and initiate the support of a network of peer, indigenous community and professional supports • Increase in stable housing and employment • Increased linkages made to other recovery and wellness support services • Increased overall quality of life
Service Definition	<p>Relapse Prevention and Wellness Recovery Support Services are designed to address the further needs of people who are working to develop or who have developed a Recovery Plan. Relapse Prevention and Wellness Recovery Support Services include activities to develop and implement strategies or treatments applied in advance to:</p> <ul style="list-style-type: none"> • Prevent future symptoms of and promote recovery strategies for addressing mental illness and/or substance use disorders • Reduce the adverse health impacts related to mental illness, substance abuse, and related traumatic experiences • Build on, and /or maintain wellness skills learned in medical, behavioral health, and related trauma treatment and allied recovery support services • Link to other services that promote recovery and wellness, which are considered relapse prevention and wellness recovery support activities

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	<p>Relapse Prevention and Wellness Recovery Support can be built into the responsibilities of a Peer Recovery Coach or a separate service role that can be filled by a Peer Recovery Coach, among others.</p> <p>Relapse and Prevention and wellness recovery support services:</p> <ul style="list-style-type: none">• Provide or reinforce the individual's education, and understanding of factors that threaten recovery from mental and substance use disorders, including violence, abuse, neglect, and other environmental, interpersonal dynamics.• Include recovery planning, recovery management, and adaptive skill training to promote wellness.• Deliver skills for reinforcing abstinence from substances where necessary, engagement in health behaviors, and recovery maintenance.• Utilize community resources, including natural and peer supports to maintain recovery and wellness patterns of thinking, and behaviors to mitigate relapse-provoking crises.
Service Requirements	<p>The following activities can be stand alone or offered in conjunction with other treatment programs:</p> <ul style="list-style-type: none">• Participant education and training that include steps/best practices for relapse prevention, relaxation techniques, smoking cessation, mindfulness, mediation, nutrition, disease management, trauma informed peer support, impact of trauma on health and behavioral health,• Planning activities related to wellness and relapse prevention may include:<ul style="list-style-type: none">○ Wellness Recovery Action Planning○ Identification of personal relapse prevention needs, triggers and warning signs○ Development of self-assessment tools and strategies and crisis safety plans to address recovery, relapse prevention, and wellness needs○ Identification of respite programs and other resources to support recovery and wellness○ Shared decision-making○ Positive coping strategies○ Relapse contingency planning○ Recovery management• Lifestyle change reinforcement that includes stress management, relaxation techniques, assertiveness training, spiritual practices, and conflict resolution.• Relapse prevention and wellness support activities that include advocacy and facilitation supports. Participation in mutual aid groups such as Narcotics Anonymous (NA) and Alcoholics Anonymous (AA) or in other mutual self-help activities and programs

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	<ul style="list-style-type: none"> • Crisis intervention, prevention and wellness activities
Staffing Requirements	<p>While program rules and supervision credentialing requirements should be consulted for specific clinical and recovery support services to ensure compliance with respective licensing/certification board regulations and disciplines, education/qualification requirements to deliver relapse prevention and wellness recovery support activities may include the following:</p> <ul style="list-style-type: none"> • Lived experience and in recovery • Education in recovery planning, recovery management, recovery capital assessments, and recovery check-ups • Certification in WRAP (basic level and master level) and as Personal Recovery Assistant • Certification in the provision of relaxation response and/or mind-body interventions for stress reduction • Training related to trauma and trauma-informed care • Certification as Relapse Prevention Specialist or completion of recovery coach training <p>Ongoing training for this service includes:</p> <ul style="list-style-type: none"> • Wellness Recovery Action Planning (WRAP) • Wellness Self Management (WSM) program • The Chronic Disease Self-Management Program • Recovery planning • Recovery management and recovery check-ups • Trauma- Informed care • Recovery Capital assessments • Relaxation response techniques and mind-body intervention training and continuing education • Nutritional counseling • Smoking cessation • Stress management • Resource and asset mapping • Relapse prevention • Crisis and safety planning
Location Requirements	<p>This service can be delivered in a variety of settings, including in workplace programs (including EAPs), vocational rehab centers, recovery homes, behavioral health and primary care settings, peer-delivered services and supports, and peer-operated recovery community centers. In addition to face-</p>

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	to-face, services may be delivered through electronic media, (telephone, text, etc.), fostering emotional support and two-way exchange of information and periodic check-ins.
Recommended Duration	In general, the individual should receive this service on a quarterly basis or as otherwise indicated in the wellness recovery and relapse prevention plan (which includes elements for recovery management and relapse contingency). For instance, the recovering person’s relapse prevention plan needs to be updated on a monthly basis for the first 3 months, quarterly for the remainder of the first year, and twice a year for the next 2 years, during which stable recovery can be monitored and achieved. Following this period of stabilization, the plan may be updated as needed. Periodic recovery check-ups and re-visitation of the wellness and recovery plan should be conducted over a two-year period.
Service Exclusions	Activities that should be precluded from this service are those that are not conducive to promoting empowerment, self-determination and self-awareness and those absent the appropriate level of oversight, supervision and participant and staff protections.
Documentation Requirements	<p>Documentation for this service should include:</p> <ul style="list-style-type: none"> • Whatever documentation is indicated or required by the service provider, funding entity, or render of the service • The Personal Recovery/Wellness Action Plan, Relapse Prevention Plan or Recovery Plan • Appropriate contracting document and/or written working agreement between the relapse prevention worker and the service provider outlining the agreed upon measures of success, desired outcomes and a start and end date should be identified • Continued progress documentation toward recovery and related accomplishments as determined by the recovering person and the providers of the service(s) • Process to track and monitor articulated recovery and wellness goals.