

Case study: Structured Relapse Prevention Program



Peter, a middle-aged factory production worker with a history of cannabis abuse, was involved in a workplace accident. After testing positive for marijuana, Peter entered into an outpatient addiction awareness program in his local community as an outcome of the recommendations made through Morneau Shepell's Substance Abuse Program (SAP). This program provides employers access to specialist recommendations for employees who test positive for drugs or alcohol in the workplace.

Program entry

In the SAP closure report, Peter's counsellor recommended that Peter continue to receive support over the next 12 to 24 months within the Structured Relapse Prevention Program (SRPP). Peter's manager approved this request and Peter agreed to continue with care, which meant that Peter would participate in a series of counselling sessions and self-reported abstinence from cannabis.

Treatment goals

During the first counselling session, Peter and his SRPP counsellor identified three primary goals:

1. Addressing any underlying issues
2. Increased self-care activities, including developing and maintaining positive social support
3. Recognizing triggers as a means of supporting continued abstinence from cannabis

Care and case management

Peter's involvement in the SRPP entailed 14 sessions over the course of 24 months. During this time, Peter and his counsellor worked through the program, with a focus on:

- Abstinence from all mood altering substances
- Reviewing relapse warning signs daily
- Practicing open and honest communication
- Making changes in his personal life including distancing himself from friends who continued to use cannabis
- Developing skills to build new relationships with people who do not use substances
- Attending social functions while remaining sober
- Finding healthier ways to cope with emotions and stress including exercise and adequate sleep

Peter reported continued abstinence from cannabis and outlined numerous changes to his lifestyle and behaviours since first entering the program. He was happy that these changes and new skills were having a great impact on him and helped him see a positive future for himself.

Peter's manager received reporting and updates from the counsellor on Peter's progress on a schedule matching the SRPP sessions until case closure. Updates captured Peter's compliance, impediments to sobriety and action items or goals.

If relapse should occur, the SRPP counsellor would connect with the employee's manager to make recommendations on what needs to occur at this stage. Next steps will depend on the specific circumstances of the case (e.g. whether this is a first relapse or not).

Case closure

At the final SRPP counselling session, Peter and his counsellor reviewed his progress, goals and recommendations that would assist Peter to remain sober so he can continue to function optimally and safely in the workplace and at home and avoid future relapse. A closure report was delivered to Peter's manager outlining the above.

Outcomes

Throughout Peter's involvement in the SRPP, it was evident that he was aware of the negative consequences of his prior cannabis use and his vulnerability to relapse based on historic patterns.

He now understood how beneficial his change in behaviour was for him at work and in his personal life. Peter successfully maintained his abstinence from all substances during the course of the program and afterwards. His manager was impressed with Peter's newfound commitment to his health, lifestyle and work.

Workplace Support Programs

The Structured Relapse Prevention Program is part of our Workplace Support Programs - specialized mental health and addiction prevention/intervention programs designed to reduce costs for organizations with faster diagnosis, sustainable recovery and incidence of short and long-term disability.

Call [1.866.991.4954](tel:1.866.991.4954) or visit morneaushepell.com.

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