



Relapse Prevention (Aftercare)

Relapse Prevention is designed to help those with addiction problems cope with life's challenges and to continue to move towards an addiction-free lifestyle. An effective relapse prevention program will assist in preventing lapses back into old maladaptive patterns of behaviour. This type of aftercare is every bit as important as initial treatment in helping individuals stop the addictive process in the long-term.

Relapse Prevention can consist of following through with the plan clients set out in treatment. It can also include revising/renewing the plan as particular goals are met and lifestyle changes are implemented. Relapse Prevention usually includes structured counselling sessions to help manage the plan and augment coping strategies. It may also include participation in support groups such as AA or NA, or groups that deal with other life areas.