

RELAPSE PREVENTION IN SUBSTANCE DEPENDENCE

Father Martin: Relapse (Video 2034) 1989; 45 min

Audience: adults; 12 step groups; chemical withdrawal clients

Synopsis: This program presented in the lecture format typical of Fr. Martin's other presentations, serious consideration of a problem punctuated with his particular brand of jovial anecdote. This video deals with the problem of relapse in the recovery process; it's causes and the importance of persistence in staying with the recovery program. He also offers his personal take on moral and ethical considerations and the nature of responsibility in recovery.

H.A.L.T. A Relapse Prevention Guide (Video 1328) 1992; 23 min

Audience: drug users; health professionals

Synopsis: Relapses, lapses, slips can be devastating for people in recovery. This handy acronym HALT is a device for reminding people in recovery to make time for self-care. The initials stand for hungry, angry, lonely and tired. The narrator recommends monitoring all four of these physical and emotional states whenever an urge arises to use drugs. The experience of just one of these states may increase the risk of relapse, but if three or more are experienced at the same time, relapse may be the consequence. The program offers straightforward advice for handling problems in each area. Viewers are reminded that recovery is never easy or simple, and that working on life issues can take a long time

Integrated Treatment 401: Relapse Prevention for Persons with Co-occurring Disorders (Video 2359) 2000; 135 min

Audience: health professionals; post-secondary students

Synopsis: This is an in-service training program to be administered by a professional to introduce the concepts of relapse prevention for front line workers dealing with clients with co-occurring substance use and mental illness. There is a two-part video and comprehensive workbook.

Planning for Success - Preventing Relapse (Video 2043) 1987; 22 min

Audience: counsellors and trainers, treatment professionals and those in treatment

Synopsis: Prepared by the Alberta Alcohol and Drug Abuse Commission, this video provides counsellors with a strategy for helping clients maintain abstinence. Using education and skill development this video helps prepare clients to handle high-risk situations, reduce stress and develop a balanced lifestyle. The contents of this video may be incorporated into the treatment process currently being used.

Co-occurring Disorders: Relapse Prevention (DVD 1346) 1994; 24 min

Audience: general adult

Synopsis: This program offers a general introductory discussion on relapse prevention in concurrent disorders, with host Denis Daley. Aimed at a general audience this Hazelden program covers issues in relapse warning, trigger identification and practical strategies for wellness maintenance. The strategy is total abstinence and twelve step oriented. Advice is offered on medication use and on relations with others, especially where strong feelings are involved.

Relapse Prevention (Video 2025) 1992; 55 min

Audience: health professionals

Synopsis: This video is designed for use by professional counsellors dealing with clients who have relapsed. The what and why of relapse is explored: interview demonstrations show how to help the client reduce the likelihood of relapse, identify warning signs, anticipate risk factors, achieve lifestyle balance, and to interrupt relapse when it occurs. Clients are encouraged to take action, change attitudes, develop structure, set goals, and participate in normal activities. Throughout the video, main points are highlighted, and the relapse process is reviewed at the conclusion.

Relapse Prevention (Video 2153) 1993; 25 min

Audience: health professionals

Synopsis: This video gives an overview of the *National Institute on Drug Abuse* findings on relapse. Through examination of group sessions and presentations of experts we hear that relapse is a normal part of recovery and that at least 80 percent of people will relapse within the first year of leaving treatment. Most people leaving treatment do not have the skills to avoid relapse. They need "tools" to cope, skill building to help break the habitual association of object and setting that leads to using alcohol or other drugs. For some desensitisation and deep relaxation help, for others methadone or other medications aid in recovery.

The Second Half: Tom Henderson Story (Video 969) 1990; 29 min

Audience: senior students; athletes; substance users

Synopsis: Former US football pro Tom Henderson begins by telling his audience, "I am a drug addict and an alcoholic." He goes on to recount his decline from stardom as a Dallas Cowboy in the 1970's. Henderson also began using cocaine and indulging in questionable sexual relations with young women. His athletic performance began to fail and in 1979 he was fired from the team. He bounced from team to team, then to hospital and jail before beginning his recovery. Game footage and comments from former team members are included.

Staying Off Cocaine: Avoiding Relapse (Video 852) 1988; 38 min

Audience: adult

Synopsis: Dr. Washton and recovering cocaine abusers describe how to stay off cocaine: addicts must take personal responsibility for their recovery, abstain from all drug use and change their lifestyle. If a relapse occurs, it is important to know that this is not uncommon. Dr. Washton advises addicts to ride out the craving, learn from the experience and try again. It is necessary to deal with negative emotional states, keep busy and active, and to build a new support network.

Staying Sober, Keeping Straight (Video 880) 1988; 35 min

Audience: adult

Synopsis: Several methods of avoiding relapse are illustrated through the experiences of three people who have struggled with drug dependence and overcome it. John, now in recovery has learned he is better able to resist using if he anticipates situations in which he will be offered a drink or a drug. Mike found that anger often triggers his desire to drink and that attending regular AA meetings can help him from slipping back into old habits. Lisa used to use cocaine and alcohol. After a relapse she finds how risky it is to resume relationships with friends who are still using.

When to Say When (Video 1194) 1992; 12 min

Audience: general adult

Synopsis: This W5 report by Christine Neilson examines the concept of alcohol dependence and treatment in the work of Martha Sanchez-Craig. In Sanchez-Craig's self-help book *Saying When*, moderation of alcohol consumption rather than compulsory abstinence is the goal for drinkers who are not "alcoholic." People who benefit most from her program do not experience problems of severe dependence, do not have problems with other drugs and are not suffering serious medical or social problems. In an interview, the "DrinkWise" program is outlined by Robert Simpson of the Homewood Health Centre in Guelph that targets the 25 percent of the drinking population not considered to be "alcoholic." By contrast, John Campbell of Renaissance House insists that abstinence can be the only goal and anything less is "signing a death warrant" for those suffering from what some call "the disease of alcoholism."