

Relapse Prevention in Outpatient Drug Rehabilitation

 renaissanceranchogden.com/relapse-prevention-in-outpatient-drug-rehabilitation



Relapse is a common experience for someone struggling with drug or alcohol addiction. By some estimates, over 90% of those in recovery experience at least one relapse. At our [outpatient alcohol treatment center](#) in Ogden, we [have skilled and experienced professionals](#) who can recognize the signs of an impending relapse and help you or your loved one maintain sobriety.

What Is a Relapse?

It takes practice to learn to live without drugs and alcohol. ***A relapse occurs when someone who is struggling with substance abuse returns to using drugs or alcohol.*** Most people who are in treatment experience at least one relapse while learning healthier, more sustainable habits. What is important is continuing or returning to treatment and learning new patterns and coping mechanisms.

Common Relapse Triggers

A relapse doesn't always start with consuming drugs or alcohol. Typically, there are events or emotions known as triggers that precede drug or alcohol use. Some triggers are internal, while others are related to external events. ***Stress, for instance, is a common internal relapse trigger.*** Suppose an individual with addiction is used to coping with those feelings through drug use. In that case, it can be difficult to avoid returning to that behavior until new coping mechanisms are in place.

Common triggers of relapse are not always outwardly negative emotions or events. Encountering people or places that were connected to previous addictive behavior can trigger a relapse.

Signs of a Relapse

Sometimes, there is no warning that a relapse is imminent. However, researchers have identified many signs and steps that could be indicators of a coming relapse.

Someone whose attitude toward treatment changes may be in danger of a relapse. For instance, they might decide that participating in their recovery program is not as important as it previously was.

Mood swings can also be a sign of danger of a relapse. Often, when someone is faced with new outside stressors that are hard to handle, they will exhibit anger, depression, or other emotions that can be a sign of danger.

A loss of structure can be a precursor to a relapse. For instance, if someone in treatment loses their job, a place to live, or other supports, a relapse may follow.

Relapse Prevention Techniques in Outpatient Rehabilitation

Recognizing the signs of a relapse is the first step in preventing one. In our outpatient drug treatment center, we offer relapse prevention tips and support that can prevent a relapse from occurring or help someone regain their sobriety if a relapse does occur.

We offer a holistic approach to treatment to help people find the solutions that work best for them. Combinations of modalities like cognitive behavior therapy, motivational enhancement, and others allow patients to identify and heal underlying issues to stop damaging behaviors.

Why Choose Renaissance Ranch Ogden for Drug & Alcohol Relapse Prevention?

We pride ourselves in offering a holistic and spiritual approach to drug and alcohol treatment. Our award-winning intensive outpatient program helps clients develop the skills to live a drug and alcohol-free life and embrace a healthier future.

You do not have to cope with recovery alone. If you or someone you love is struggling with alcohol or drug addiction, get in touch. We can discuss treatment options and embark on a path toward recovery.