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## Recognizing and Responding to Relapse Facilitator Notes

### Main Learning Points:

This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.

### Tips for this Session

1. Emphasize that relapse is a common experience with many long-term illnesses.
2. Discuss how a relapse might get in the way of what a person wants in life.

### Potential Problem for this Session

Participants seem unable to identify how learning about relapse might be helpful to them.

### Possible Responses

Encourage openness to peer ideas.

1. Perhaps as others share their answers, they might hear something that fits for them.
1. As they listen to other people's answers, they may come up with an idea of their own.

## Suggestion for Topic Introduction and Relevance to Participants

*“Today we are going to begin a new workbook, ‘Recognizing and Responding to Relapse.’ The first session is titled ‘What Does Relapse Mean?’”*

*“Do you know someone who had a bad cold or some other illness? He may have started feeling a lot better and thought he wasn’t sick any more. But then he relapsed, and it was even worse the second time. Has that ever happened to someone you know?”*

(Listen to responses. Do not confirm the meaning of relapse if you are using the pre- and post-topic assessment, as one of the questions is the definition of “relapse.”)

*“Today we’re going to talk about relapse and what it means for us.”*

*“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”*

### Topic Assessment Answer Key

1. C    2. C    3. B    4. A

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

# Topic Assessment



Mark one:  Pre  Post

Your Score:  
+ \_\_\_\_ out of 4

**Directions:**

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. Relapse means:**

- A. Going to the hospital.
- B. Not taking any medicine.
- C. Getting sick again.
- D. Having a crisis or being stressed.

**2. When people relapse:**

- A. They always end up in the hospital or jail.
- B. They should be ashamed and never mention it.
- C. They get sick again.
- D. It is always because they stop taking medicine.

**3. What is important for managing any long-term illness?**

- A. Learning how to cure the illness.
- B. Learning to recognize and respond to relapse.
- C. Knowing when to stop taking medicine.
- D. Taking fewer pills if side effects bother you.

**4. People with many different kinds of illnesses have relapses.**

- A. True
- B. False

# Topic Assessment



**5. I am confident I know how to keep from having a relapse.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

**6. This information is important for me to know.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

**At the end of the session, answer these questions before turning in this paper:**

**7. This session helped me.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

**8. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# What Does Relapse Mean?

## Objectives for this Session

1. Define relapse.
2. Identify 3 of your signals of possible relapse.

**Relapse means getting sick again.** Anyone who has a long-term illness can have a relapse. When people go through a relapse, the symptoms of their illness get stronger, and symptoms that had gone away may come back. The main goal of treatment is to manage the illness, meaning to keep it under control, so symptoms do not get in the way of reaching life goals.

### Main Learning Point #1

**Relapse means getting sick again.**

**Learning to recognize and respond to relapse is important for managing any long-term illness.** Reducing the chances of relapse is very important. A relapse is likely to be a setback for most people. Relapse can make it hard for you to get what you want out of life.

### Main Learning Point #2

**Learning to recognize and respond quickly to relapse is important.**

**People with many different kinds of illnesses have relapses.** Relapse does not happen only to people who have a mental illness. It is very common for people who have long-term illnesses to have relapses. Examples of long-term illnesses are high blood pressure, diabetes, high cholesterol, and asthma.

## What Does Relapse Mean?

(continued)

**Example:** Fred had been treated with medicine for high blood pressure for several years. He thought he was doing well. When he went to see his doctor recently, Fred found out that his blood pressure was too high again. Fred had a relapse. Fred told his doctor that because he was feeling well, he was only taking his medicine every other day. His doctor recommended that he keep cutting down on salt and take his medicine daily as he should. Fred agreed to do both. The changes helped Fred get his blood pressure back to normal again.



What are other examples of relapse? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### Main Learning Point #3

**People with many different kinds of illnesses have relapses.**

**Describing relapse.** Relapse isn't exactly the same from person to person. People who are recovering from a mental illness have described their own relapses in many ways:

1. "I have trouble sleeping, and my symptoms get worse."
2. "My mood changes quickly, and I don't always know why."
3. "I feel like I'm sliding back down into the illness."
4. "I start thinking that people are talking about me or watching me."
5. "I get grouchy and irritable with other people."
6. "I don't need to sleep as much, but I still have a lot of energy."



## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support network. I will ask \_\_\_\_\_ to read it and talk with me about relapse.
- 3. WRITE.** I will write down my thoughts and feelings about what relapse means to me. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 4. OTHER:** \_\_\_\_\_

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goal by the next session?