

The critical success factors in Relapse Management

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Content

- What is strength?
- Strength and Relapse Management
- Case Sharing

Strength

What is Strength?



Strength and Relapse Prevention



External Strengths

- Living Environment
- Financial Support
- Social Support and Networks



Internal Strengths

- Insight and Engagement
- Ability and identify of the person

Strength and Relapse Prevention

Insight and Engagement

- Understanding and acceptance of illness
- Coping of symptoms
- Relapse management
- Motivation and sense of responsibility for change
- Engagement to service and treatment opportunities

Strength and Relapse Prevention

Ability and identity of the person

- Talent and skills
- Work and education
- Recreation, interest and leisure
- Sense of hope, autonomy and choice
- Self-esteem
- Spirituality
- Meaning of life

Case Sharing

- Ms Kitty, F/46
- Depression, Alcoholism
- Several times of self harm precipitated by relationship problems.
- Multiple admission due to drug overdose, attempted jump from height etc...

Case Sharing: Internal Strength

Understanding and acceptance of illness

- Fair insight, irregular drug compliance
- >> She had independent thinking

Coping of symptoms

- Self harm, Drug overdose
- >> She knows that she can have more options

Relapse management

- DO, JFH....
- >> She knows when should call for help

Motivation and sense of responsibility for change

- Low motivation for change
- >> She had intention to change

Engagement to service and treatment opportunities

- Willing to join AA group

Case Sharing: Internal Strength

Talent and skills

- Sociable, good at housework and cooking

Work and education

- Maintain job well when mentally stable (>7 years)

Recreation, interest and leisure

- Enjoy gathering with friends

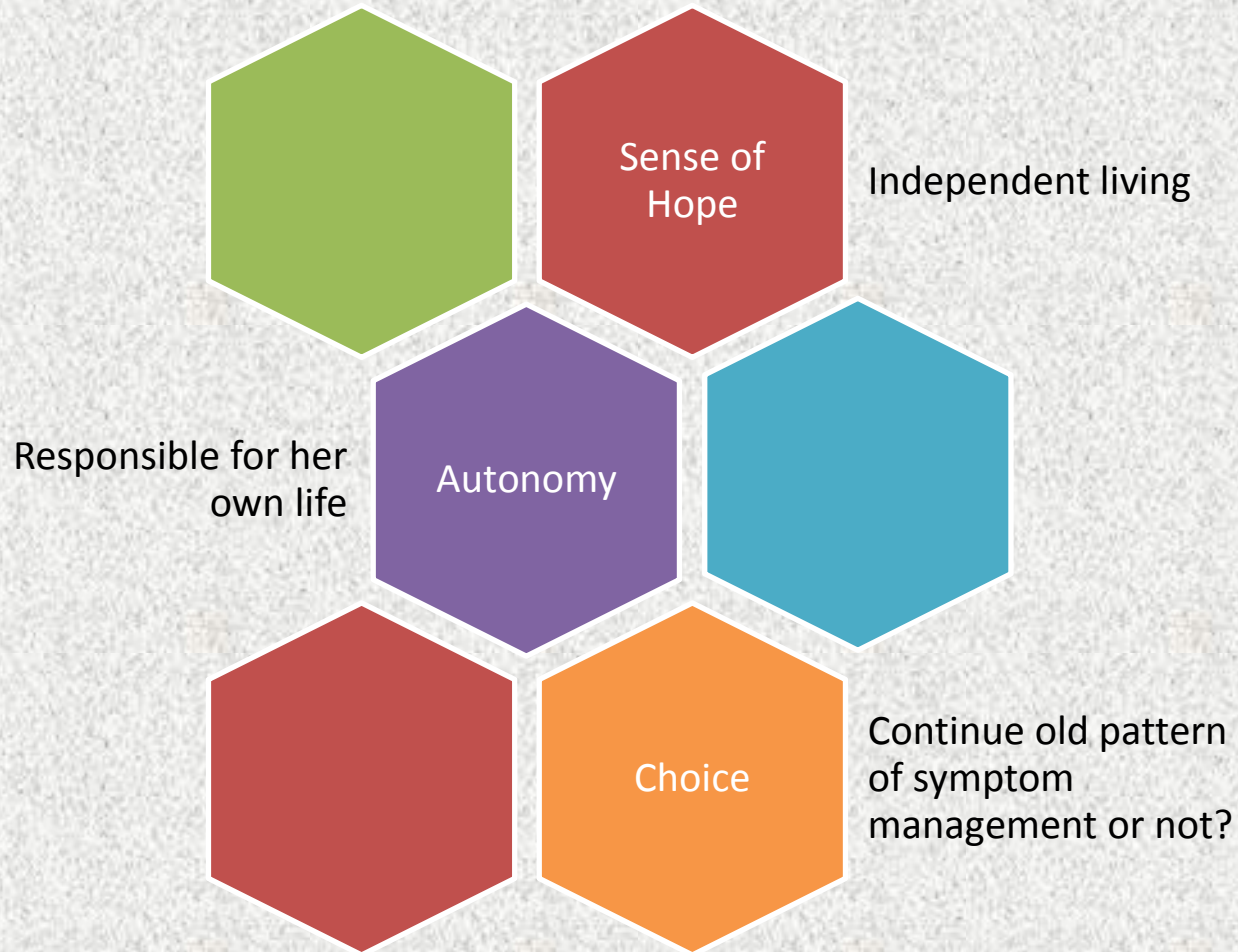
Sense of hope, autonomy and choice


- Hope to be more emotionally independent

Self-esteem

- She realise her outlook is attractive

Internal Strength





**True strength is
when you have a
lot to cry about,
but you choose to
smile and take
another step
forward instead.**

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Thank You