

Trainer Handout 3-2

Recovery Plan

Activity 3-3: Recovery Plan

Directions: Work together to identify Sonia’s recovery plan needs and providers/supports. First, review what you know about Sonia and her children based on the previous activities. Read the additional information below. Then, create your list of recovery plan needs and providers/supports on the blank flipchart paper.

What linkages, relationships, and benefits do you need to set up with Sonia now to help her to stay clean, maintain a healthy lifestyle, acquire basic services, prepare for leaving her caseworker and treatment counselor, to find new support systems, and to keep her children safe during a lapse or relapse?

Sonia’s Progress Through Treatment

During her first few weeks in the day treatment program, Sonia appeared to be increasingly engaged in the recovery process. She initially denied the impact of her substance use on her children. Since then, she admitted, first to her counselor and then in a group session, that her substance use may be affecting her ability to provide Alisa and Sam with a healthy home environment. She stated that her goals for Alisa and Sam are to be sure they don’t end up using drugs or alcohol.

After Sonia’s initial 30 days in the intensive outpatient program, her children begin attending sessions with Sonia at the treatment program. This introduced some stress for Sonia, as she is feeling guilty about the effects of the substance abuse on them.

Shortly after the 30-day mark, Sarah, Sonia's substance abuse counselor, calls Molly, Sonia's child welfare worker, to inform her that Sonia tested positive on her last drug test. Sonia cries, stating that she had thought that she was holding it all together and was able to manage her treatment, her job, and her parenting classes. She says that although it had been tough to attend the treatment sessions, the parenting classes, and work, she felt motivated to remain clean and to keep pushing on.

She reveals to Sarah that she had met a man, James, she was very attracted to and, at a party with him, she had given in to the teasing and temptation to use drugs. “I just don’t want to lose him.” Sarah and Sonia discussed the situation, with Sarah noting that Sonia has exhibited strong motivation for recovery by remaining clean and sober for more than 30 days, despite living in an environment where drugs are readily available. However, Sarah notes that with the increased stress of parenting classes and this new relationship, Sonia is not able to hold up against the temptation. They are able to discuss what this lapse means in regard to potential risks to Alisa and Sam.

After some discussion, they conclude that Sonia cannot keep her current living situation and relationship and maintain recovery – and that a 90-day residential program would be the best shot for a lasting recovery and for Sonia to be able to care for her children. Sonia’s mother agrees to take the children for the 90 days. Sonia qualifies for temporary income assistance through TANF and can participate in the treatment program’s vocational services and job-training classes.

Sonia is now near completion of the residential program. She’s been showing good progress, with the children visiting regularly, her completion of a parenting class, her resolved guilt and shame of her drug use lapse, and is moving along well in her job training to be an administrative assistant. She is still unclear as to what she wants from her relationship with James. When the residential program is over, she anticipates participating in some form of aftercare and informal supports, such as Narcotics Anonymous.