Seven

Preparation for release or transfer

Maps from other sections that may be useful include:
Progress report (section 3)
Care plan update (section 4)
Overdose (section 5)
Network support plan (section 6)
Risks to children at home (section 6)
Node-link mapping can be used in the run up to leaving prison to review progress made, plan for the future, and deliver a harm reduction message.

Above is a summary of the principles of 'relapse prevention'. The maps that follow can help the client work through these stages and ultimately draw up a relapse prevention plan.

For further information see:
Will you still be mixing with people who use cocaine?

Who?

Why?

Have you still got dealers’ numbers?

Will you still go to places where you used to use/score?

Where?

Why?

Have you told people that you don’t want to use anymore?

Where could you go instead?
How can I deal with my cravings?

- Things I can tell myself
- Ways of distracting myself
- Ways of relaxing myself
Client name:  

Keyworker:  

Date: __/__/__

Where and when?

A previous lapse back to drugs

What did you use?

How could you have avoided this lapse?

Who were you with?

What plans had you made to prevent it?

What were you thinking and feeling?

What would you do differently next time?

What would help you to do this?
Acknowledgements

This manual was prepared by Ed Day in conjunction with Nick Shough (Birmingham & Solihull Mental Health NHS Foundation Trust). Contributions were made by Kieran Lynch and Emma Pawson (National Treatment Agency), and considerable feedback and suggestions came from members of the Eastern Region Integrated Drug Treatment Services. In particular staff from HMP Peterborough, Chelmsford System Change Pilot (HMP Chelmsford and Chelmsford DIP team), HMP Littlehey and HMP Edmunds Hill.

We would like to thank Professor Don Dansereau and Norma Bartholomew for their generous sharing of materials that they have developed around node-link mapping, and Professor Dwayne Simpson for his leadership and support in bringing these materials to Drug treatment services in England.

A wide range of node-link mapping materials are available for free at www.ibr.tcu.edu

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