

Mental Health and Human Resilience

Use of a crisis protocol tool in the treatment of substance use disorders

Federico Pavlovsky
Dispositivo Pavlovsky, Argentina

In the treatment of substance use disorders one of the main goals is to prevent relapse. Relapse is a process with different stages, and relapse prevention is a cognitive behavioural approach with the goal of identifying early stages of that process and preventing high risk situations. As a part of an intensive outpatient treatment program we have developed a tool called “crisis protocol” designed to provide the person with a road map every time a sign of relapse is identified. The “crisis protocol” has four components: make a call to a designated reference for that purpose;