

Project TEACH
Relapse Prevention for
Tobacco Cessation
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Definitions

- **Relapse** - return to regular use after a period of abstinence
- **Lapse** - temporary slip; isolated or single use after a period of abstinence

Relapse Prevention

- Needed part of treatment
- Relapse is common, but not unavoidable

Treatment Elements

Set Realistic
Expectations

Identify High Risk
Situations

Coping Plan

Medication Plan

Common Myths

- I'll be okay. I'll just smoke one.
- I'll just smoke for a while to get me through this difficult period.
- Now that I have quit smoking, I won't have any more cravings.

Set Realistic Expectations

- Relapse is always a risk
- Life long addiction
- Physiological and behavioral aspects of cravings

High Risk Situations

- 1/3 of relapses occur with alcohol
- 2/3 occur when other smokers are present
- Negative situations and social pressure are the two most important causes of relapse

Common High Risk Situations

Recently Quit

Negative
Emotions and
Stress

Alcohol

Exposure to
Smoking

Social
Situations/
Celebrations

Lapses

Recently Quit

- Explore possible factors:
 - Motivation
 - Physical or psychological cravings
 - Barriers
 - Quit approach
 - Relapse or lapse

Negative Emotions & Stress

- Stress management skills
- Self-talk
- Referral for therapy or psychiatry when needed

Alcohol

- Strong association between smoking and drinking
- Impairs decision making
- Social pressure
- Change behavior around alcohol

Exposure to Smoking

- Being offered a cigarette
- Access to cigarettes
- Living with other smokers
- Social pressure

Social Situations/Celebrations

- Social pressure
- Alcohol and meals
- Using cigarettes as a reward

Lapses

- Abstinence Violation Effect
- Reframe as minor slip
- View as a learning experience
- Return to abstinence

Coping Plan

- Identify high risk situations and obstacles for maintaining abstinence
- Develop a plan to cope
- Nicotine Anonymous
www.nicotine-anonymous.org

Medication Plan

- Extend Medications
- Dosage Adjustments
- Combine Medications

Medication Plan

- Extend Chantix or Wellbutrin for an additional three months
- Continue NRTs after quit date
- Continue Wellbutrin long-term if needed for mood

If Relapse Occurs

- May need to return to treatment
- Reframe as learning experience
- Abstinence Violation Effect

When Relapse Occurs

