

# Relapse Prevention Plan

The main goal of the Juvenile Sexual Offender Program is for offenders to not sexually re-offend in the future. This is done by group members developing and carrying out their own relapse prevention plan. The group creates a safe environment where members who have sexually offended can share their experiences; challenge & support each other; acknowledge their offenses and cycle of offending; reduce denial; work toward taking full responsibility; recognize their impact on victims and victim empathy; recognize the impact of their own victimization; plan for regaining trust of family members and friends; identify current maintenance behaviors; and work toward carrying out their own relapse prevention plan.

Other issues, such as healthy attitudes toward sexuality, substance abuse, anger and stress management, effective social skills, work habits, personal adjustment, couple issues and the legal system are addressed depending on the group members' needs. The idea of this plan is rooted in the belief that offenders can continue to experience the urge to offend sexually. The philosophy is that treatment helps offenders in managing their urges but that treatment is not necessarily a cure or removal of the urge to offend sexually.

The personalized relapse prevention plan takes each step of the offense cycle and generates options, interventions or alternate behaviors that interrupt the offense cycle. All activities carried out in group treatment relate directly or indirectly to interrupting the offense cycle and strengthening the prevention plan.

You will develop your personalized relapse prevention plan orally and in writing. You will be asked to frequently modify it as you gain new information and insights. You will develop it individually and/or in the group setting where all group members participate in identifying the options and strengthening the plan. You will be required to work the plan in consultation with group and individual therapists and where appropriate, with victim(s), parents, siblings, and other significant support members. It is very important that you share your relapse prevention plan with people who support your treatment and can help you carry out your plan.

**Relapse prevention is a way of thinking or looking ahead to prevent you from getting into trouble again. Look at it as your insurance policy. Basically, you look at the things you did to get into trouble and you put a stop at each point to escape and/or avoid getting any closer to the trouble again.**