

Relapse Prevention Plan

In constructing a plan for relapse I must first recognize and admit that I suffer from anger as well as criminal and addictive thinking. These have many triggers, but being aware of them and having the tools and techniques to manage them are key in preventing relapse.

Triggers and Warning signs

- Being disrespected
- Having personal space invaded
- Being lied to
- Loneliness
- Grief/Sadness
- Boredom
- Stress
- Being around gang members
- Family being harmed
- Negative thoughts about myself
- Fear
- Hopelessness

When I am triggered I have a number of warning signs that I can focus on. My breathing and my heartbeat becomes faster. My jaw clenches. My mouth gets dry and my palms start to sweat.

Coping Skills and tools

I practice noticing my warning signs and am able to react instead of respond. I've learned good tools and techniques from GRIP (Guiding Rage Into Power). One very important tool is the STOP tool. (Stop To Observe and Process) This helps me to slow down and notice what feelings and sensations are coming up for me. I can then notice that I am being triggered. From there I can realize why and take time to quiet any negative thoughts I might have about the situation. This gives me the ability to make a good decision instead of reacting blindly.

Another technique I have learned to deal with my triggers is to be in-touch with the history of them as well as the methods of healing them so that when they resurface I am better able to manage them.

For instance, my trigger of being disrespected stems from being both bullied and neglected. I felt fearful from being bullied and had a negative self-image from the neglect. Being disrespected reminds me of all of that and my reaction was to put the person who disrespected me down or be just as disrespectful in an attempt to avoid those reminders of neglect and bullying. But now, using the Q-TIP tool (Quit Taking It Personal) I can look at the truth of the situation and realize that the person disrespecting me has their own need that they're fulfilling and that it doesn't mean that I'm powerless or worthless.

I also have to be vigilant against my thoughts about gangs and that belief system. I will be aware of things like my style of dress and any feelings of fitting in that may come up. I must be aware of the thoughts and emotions that come up when I hear songs that promote and normalize gang and criminal activity.

In staying vigilant against relapse I must also be aware that my triggers are capable of making me drink or use drugs. I must also be aware of the fact that addictive thinking is present in my mind. It doesn't start with stress or a craving. My obsession and compulsion to use can manifest in many ways. I have to be aware of any self-deception or false rationalizations I make about drinking or drug use. I must be vigilant in the thought process and thinking errors that could lead to drinking, drug use, or even violent and criminal behavior. I will always hold onto one of the most powerful messages I learned in AA, "If I drink, I die."

Parole Plans

Prior to Release

- * Converse with people about to parole to get a better sense of the process.
- * Apply for a California I.D. card and health insurance.
- * Arrange pick up from Prison to Transitional Housing.

Day 1

- Check in at Transitional housing.
- Get orientated and establish day-to-day operations, responsibilities, and tasks
- Check in with Parole Officer

Day 2 to 30

- Obtain a debit card
- Obtain a buss pass and learn routes
- Report to work
- Check in with AA/NA sponsor and find meetings
- Reconnect with family
- Check in with Support Network
- Maintain a relationship with Parole Officer

Day 31 to 6 Months

- Continue Transitional Housing program until complete
- Sift through and remove possible negative influences and situations.
- Establish bank account/financial plans.
- Work on paying off restitution
- Continue positive relationships with family and friends
- Maintain relationship with Parole Officer
- Establish plan to move from transitional house to move in with wife and kids.
- Purchase car and insurance.
- Continue AA/NA

1st year to long term

- * Continue relationship with Parole Officer until discharged
- * Build financial stability for our family (maintain good financial practices)
- * Pay off restitution
- * Buy a house
- * Connect with organizations (Richmond Police Department, District Attorneys, et. al.) to work on putting emotional intelligence in schools.
- * Live positively and productively
- * Always remember to honor victims. (anniversaries)

Parole Plans (Plan 1 for Sacramento)

Housing: Restoration House
4141 Soledad Ave.
Sacramento, CA
(916) 454-2068

Employment Opportunities:

(Option 1) H. F. Water Less Car Wash and Detail
5925 Stockton Blvd.
Sacramento, CA 95824
Contact: Larina Hernandez (916) 662-7508

(Option 2) Insight Prison Project
2171 Francisco Blvd.
San Rafael, CA 94901
Contact person:
Billie Mizell (415) 459-9800

Health Care services:

Enroll immediately and utilize the services of the transitional house or the services of:
Primary Care Center
2921 Stockton Blvd.
Sacramento, CA 95820

Transportation: Utilize the Services of the transitional home, wife, mom, walk, bike, or bus.

Parole Plans (Plan 2 for the Bay Area)

First Housing: GEO

111 Taylor street
San Francisco, CA 94102
(415) 346-9769 ext. 77429

Employment Opportunities:

1st Option: Insight Prison Project
2171 Francisco blvd.
San Rafael, CA 94901
Contact Person: Billie Mizell (415) 459-9800

2nd Option: Red Bay Coffee Shop
3098 E. 10th Street
Oakland, CA 94601

Health Care services:

Enroll immediately and utilize the services of the transitional house.

Tranportation:

Utilize the Services of the transitional home, wife, mom, walk, bike, or bus.

Support Network

I have admitted to myself and to my higher power that I need help in preventing relapse and I realize I have many people in my life who love me and are willing to be there for me in times of need.

██████████ – My wife. Her and the kids have acted as my higher power in AA. I have admitted to her the true nature of my transgressions. She is willing to support me in my recovery by learning with me the intricacies of addiction so that she can better help me guard against relapse. She will also help me with my integration back into society after leaving the transitional house. She will help me talk and work through stress. She will help me navigate the nuances of daily life that I haven't navigated in years.

██████████ – My mom. She will help me reconnect with positive family members. She will help me with transportation getting to and from work.

██████████ – My friend and NA sponsor. He is a friend from highschool who has been and will continue to be a positive influence in my life. He is fully aware of and supportive of my positive lifestyle and will attend AA or NA meetings with me. He has also agreed to provide transportation as well as buy me a bus pass and a bike.

██████████ – Therapists and Life Coaches. I will talk with them by phone weekly to "check-in" with my feelings and emotions on readjusting to society. They will also help me by providing their services as life coaches to enhance my success at re-entering into society.

██████████ – Re-entry director for Asian Prisoner Support Committee (APSC). He will be connecting with me before and after release to assess any stressors or obstacles so that I can be successful in overcoming them. He will also assess my needs and provide resources and guidance in attaining transportation, healthcare, food, shelter and mentorship to create a strong foundation for sustainable success.

Parole Officer – I haven't been assigned one, but upon assignment I will look to this person as a key player in my support network. I will not see them as the opposition. I will look to them as motivation to stay clean and sober and crime free.

My entire support network will be emotionally supportive. They will help me use my past as a means of guiding me toward better decisions. They will also call me on any signs of relapse and support my abstinence of alcohol and drugs.