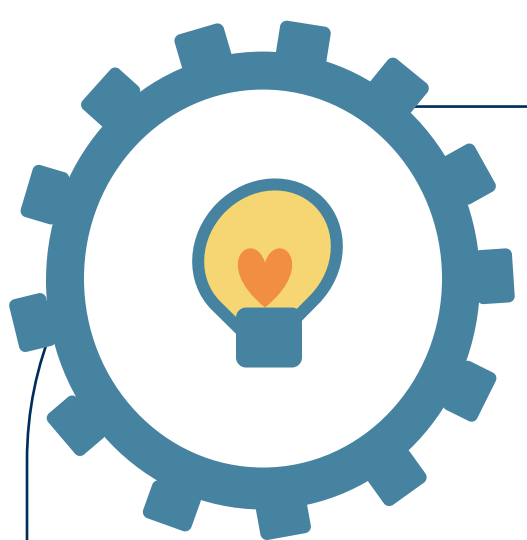
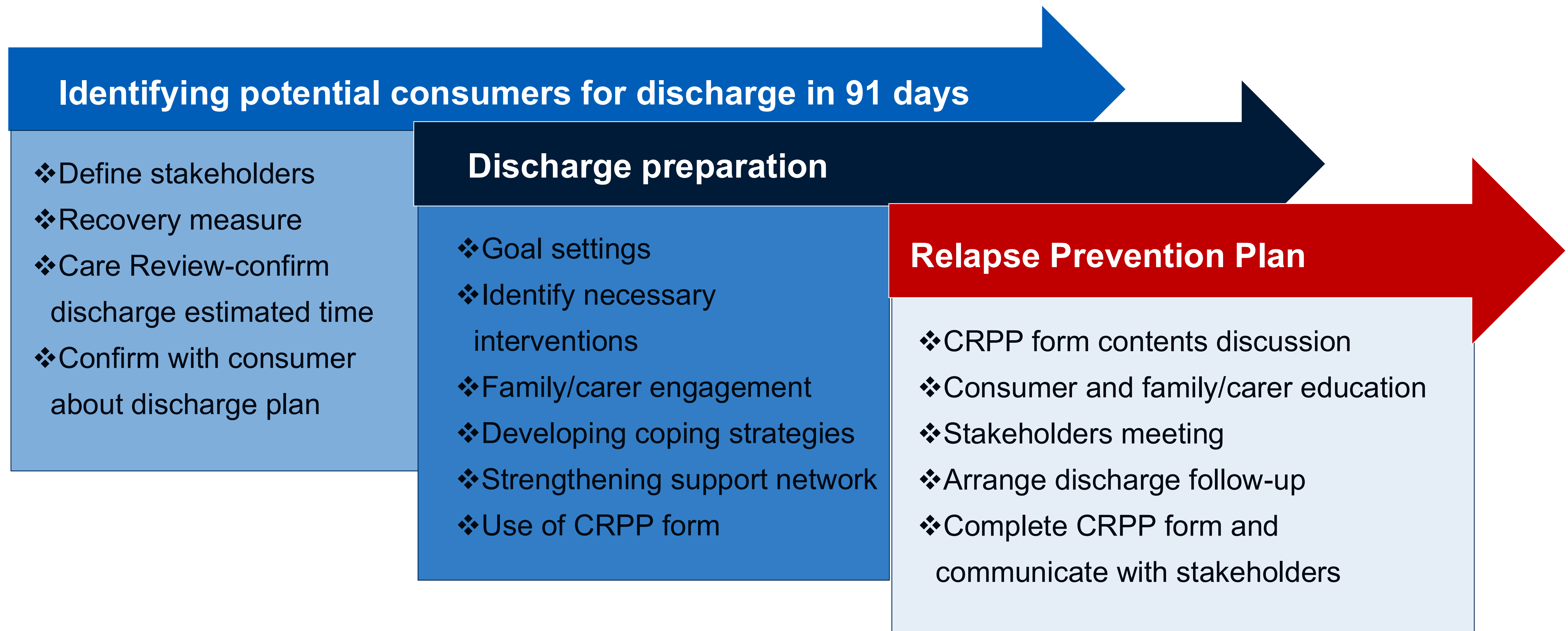


# Collaborative Relapse Prevention Planning (CRPP)

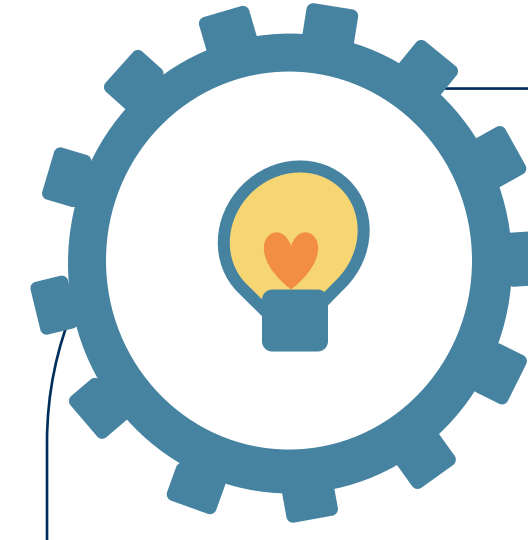
## Supporting consumers to transition into community care

Okgi Sargent, Paul Hickey, Marianne Wyder, Teresa Fawcett, Sammi Lillie, Jinglin Ren and Manawa Tini



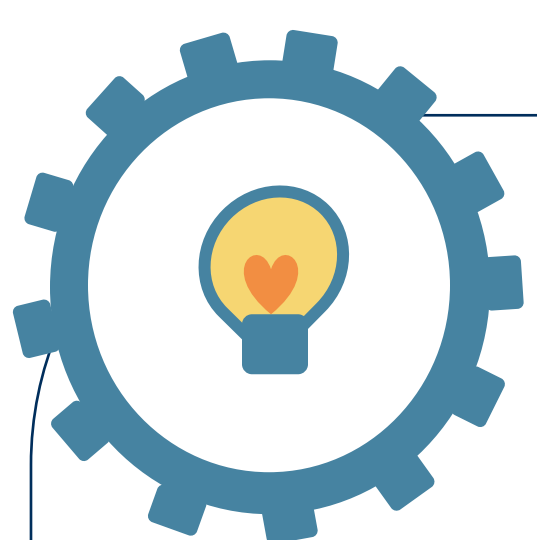
### Introduction

Discharge from mental health services is a vulnerable period impacting continuity, follow-up, and flow. This project examined whether structured Collaborative Relapse Prevention Planning (CRPP) improves consumer confidence and access the service post-discharge. Co-designed with lived-experience staff, the model includes staff training, structured sessions, and flexible documentation to support personalized planning.



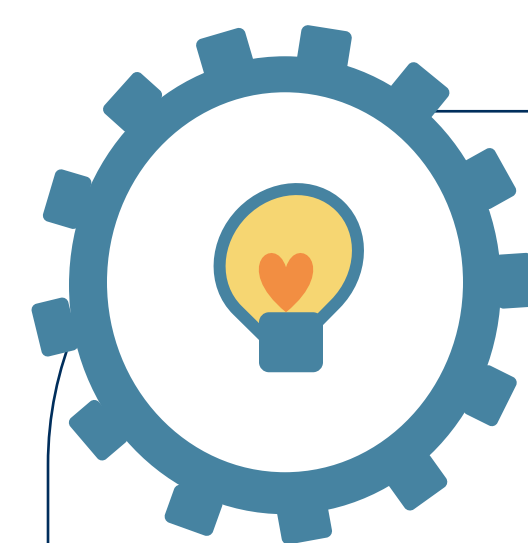
### Conclusion

- ❖ Confidence level increased from 8.3/10 to 8.8/10, with a slight decline to 8.7/10 at post-follow-up
- ❖ CRPP was rated highly by both consumers (8/10) and carers (8.5/10)
- ❖ Consumers prioritised strengths, followed by triggers and warning signs, and crisis planning
- ❖ Carers prioritised triggers and warning signs, followed by family involvement, education, and crisis planning
- ❖ Both groups highlighted the need for additional practical discharge support resources



### Objectives

- ❖ To use a quantitative survey design to measure confidence levels and perceived usefulness at three transition points
- ❖ To assess the usefulness of CRPP sessions for consumers and carers
- ❖ To evaluate the importance of CRPP contents (including three key topics selected)
- ❖ To identify additional information needs related to discharge planning
- ❖ To explore case manager's views on the implementation of the CRPP



### References

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