

Relapse Prevention Tools

Internal Relapse Prevention (relies on offender's commitment to safety)

- Decreased deviant arousal
- Improved self-esteem and social interactions
- Education and vigilance around High Risk Situations
- Treatment Tools/Coping Skills
- Insight
- Empathy/Compassion
- Boundaries

External Relapse Prevention (relies on resources external to the offender)

- Caughtness Plans
- Accountability
- Containment System
- Polygraph Monitoring of Sexual Behavior
- Plethysmograph Testing
- Probation monitoring
- Community Supervision
- Structured Living Arrangement
- Peer Group Monitoring
- Electronic Monitoring
- GPS Monitoring
- Drug Testing
- Polygraph Monitoring of Drugs and Alcohol Use