

**Relapse Prevention**  
**October 4, 2018**

**8:30am-9:00am**

Introductions

8:45 – 10:00

Define Relapse in context of Recovery

**10:00am-10:15am Break**

**10:15am-12:00noon**

Activity -

Overview of fundamental concepts of Relapse Prevention

- definition,
- model,
- characteristics,
- and components.

Evidence-based practices for relapse prevention

**12:00noon-1:00pm Lunch**

**1:00pm-2:00pm**

Relapse Prevention case formulation/conceptualization

Activity – Develop a relapse prevention plan

**2:00pm-2:15pm Break**

**2:15pm-4:15pm**

Diversity issues, including cultural competency and supporting recovery culture

Learning Objectives: Upon completion of this trainings participants will be able to:

- Define SUD relapse
- Define relapse prevention
- Choose appropriate evidence-based practice for treatment
- Develop a relapse prevention plan