Relapse Prevention

December 12, 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