

## **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 training participants will be able to:

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