Relapse Prevention

January 22, 2019

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