

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 training participants will be able to:

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