

Relapse Prevention

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Learning Objectives

- Define substance use disorders (SUD) relapse
- Define relapse prevention
- Choose appropriate evidence-informed practices for treatment
- Develop a relapse prevention plan
- Utilize Relapse Prevention techniques with a variety of populations and cultural identities
- Identify practices and techniques for individuals transitioning out of an inpatient or outpatient program

Outline

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 9:00am	Introductions/Objectives
9:00am – 10:00am	Define Relapse in context of Recovery
10:00am – 10:15am	Break
10:15am - 12:00pm	Activity – Overview of fundamental concepts of Relapse Prevention <ul style="list-style-type: none">• definition• model• characteristics• components Evidence-based practices for relapse prevention
12:00pm- 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