Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.

Relapse Prevention Skills Training  
Virtual Training  
Trainer: Terri Hagmann, B.S., CADC II-CA, CSC

Course Code: BH0208

Course Description

Relapse Prevention is an important tool when working with people living with substance use disorder. In this interactive, virtual training, learners will gain practical tools to guide individuals maintaining their recovery in both one-on-one and group settings. Examples and discussions will be centered around identifying high risk situations, removing barriers, increasing self-efficacy, and providing quality care both in-person and via telehealth services. The course is formatted for an interactive virtual setting, which allows for small group interactions. Learners will be guided through a series of discussions, case vignettes and will work together to create a relapse prevention plan.

The prerequisite for this training is the Introduction to Relapse Prevention eLearning: Course Code BHE0095.

Location

Live Virtual Training: This training will be conducted via Zoom.

Date  
Wednesday, February 24,

Time
9:30 am to 12:00 pm & 1:00 pm to 3:30 pm

Learning Objectives

Upon completion of this training participants will be able to:

- Identify Relapse Prevention skills to use with an individual in SUD treatment services both in person and via telehealth.
- Identify your own personal biases and stigmas related to substance use and how they may be exaggerated during a time of crisis.
- List high-risk situations for substance use.
- Describe cultural considerations for Relapse Prevention.
- Demonstrate techniques that will remove barriers to treatment and increase an individual’s self-efficacy.
- Develop a person-centered relapse prevention plan.
- Apply Relapse Prevention strategies in both individual

Audience

All SUD counselors, case managers, therapists, and other direct service providers working within the behavioral health system of care.

Click Here to log into the LMS and Register

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here. Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-El, Provider # 1S-98-398-0822, and CAADBE Provider # CP10-906-CH0320 for 5 contact hours/CEHs. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.