

## WORKSHOP DIRECTORY PAGE

**TITLE:** Relapse Prevention Education

**COMP. #:** 309-1, 309-2

**NO. HRS.:** 6

**DATE:** June, 2003

### **COMPETENCY:**

**309-1:** The Child Welfare Professional can recognize indicators of alcohol abuse in adults and in children, understands typical dynamics of alcoholic families, knows how an alcoholic parent can affect a child's development and behavior, knows the relationship between alcohol abuse and family violence, and can refer to appropriate treatment resources.

**309-2:** The Child Welfare Professional can recognize the indicators of drug abuse, including cocaine addiction, in adults and children; understands the potential effects of drug use on family functioning; and knows appropriate referral methods and treatment resources.

**LEARNING OBJECTIVES:** Participants will be able to:

- Define relapse and recovery.
- Identify key terms of drug and alcohol use.
- Recognize relapse warning signs and behaviors.
- Define the purpose of relapse prevention planning.
- Recognize resources available for referring a relapsing client.
- Identify appropriate resources to meet the child's and the family's needs.

**CALENDER SUMMARY:** Caseworkers are serving more and more families who are involved in drug and alcohol use. As adult members of families attempt to stop their personal drug and alcohol use, caseworkers must be knowledgeable to assist those adult family members who are at risk for relapsing back into drug or alcohol use. This workshop offers information pertaining to what is relapse prevention, recognizing the potential for relapse, recognizing relapse warning signs and behaviors, along with identifying appropriate resources for referral in the case of an adult client who does indeed relapse. Prerequisites for this workshop include "309: An Introduction to Substance Abuse for Child Welfare Professionals" and "309: Assessment Case Planning and Service Provision for Substance Abusing Families."

### **TRAINING CREDIT:**

CBT credit

CE for LSW (6 hours)

### **PREREQUISITES FOR THIS WORKSHOP:**

309: An Introduction to Substance Abuse for Child Welfare Professionals

309: Assessment Case Planning and Service Provision for Substance Abusing Families

**TABLE OF HANDOUTS:**

- 1: Agenda (1 page)
- 2: Learning Objectives (1 page)
- 3: Child Welfare Competencies (1 page)
- 4: Idea Catcher (1 page)
- 5: Drug and Alcohol Use Terms (1 page)
- 6: Abstinence: What It Is and What It Isn't (1 page)
- 7: Recovery Process (2 pages)
- 8: Relapse: What It Is and What It Isn't (1 page)
- 9: 37 Relapse Warning Signs (3 pages)
- 10: Worksheet for Relapse Triggers and Red Flags (1 page)
- 11: Relapsing Client Case Study (2 pages)
- 12: Relapsing Client Case Study Evaluation (2 pages)
- 13: Community Resources with Relapse Prevention Planning (2 pages)
- 14: Support Groups (1 page)
- 15: AA/NA 12 Steps (1 page)
- 16: First 3 Steps Defined for Relapse Prevention (1 page)
- 17: Practical Skills for Interviewing a Relapsing Client (2 pages)
- 18: Important Components of a Relapse Prevention Plan (2 pages)
- 19: Client Role Play (5 pages)
- 20: Daily Inventory Worksheet (1 page)
- 21: Self-Blackmail Letter Example (1 page)
- 22: Eight Steps to Lowering Risks (1 page)
- 23: Brainstorm Worksheet (1 page)

**APPENDICES:**

- A: Example Role Play (1 page) – 1 copy needed for training