

309: Relapse Prevention Education

Guide to Handouts

Section I: Introductions, Expectations, and Learning Objectives

Handout # 1: Agenda (1 page)

Handout # 2: Learning Objectives (1 page)

Handout # 3: Child Welfare Competencies (1 page)

Handout # 4: Idea Catcher (1 page)

Section II: Key Terms in Relapse Prevention

Handout # 5: Drug and Alcohol Use Terms (1 page)

Handout # 6: Abstinence: What It Is and What It Isn't (1 page)

Handout # 7: Recovery Process (2 pages)

Handout # 8: Relapse: What It Is and What It Isn't (1 page)

Section III: Relapse Warning Signs, Triggers, and Red Flags

Handout # 9: 37 Relapse Warning Signs (3 pages)

Handout # 10: Worksheet for Relapse Triggers and Red Flags (1 page)

Section IV: Morning in Review

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Section V: Relapse Case Study and Evaluation

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Handout # 12: Relapsing Client Case Study Evaluation (2 pages)

Section VI: Community Resources with Relapse Prevention Planning

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Section VI: Community Resources with Relapse Prevention Planning (continued)

Handout # 16: First 3 Steps Defined for Relapse Prevention (1 page)

Section VII: Client Interview Role Play and Relapse Planning

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Handout # 18: Important Components of a Relapse Prevention Plan (1 page)

Handout # 19: Client Role Play (5 pages)

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Section VIII: Other Tools for Preventing Relapse

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Section IX: Learning Needs, Closure and Evaluations

None