

309: Relapse Prevention Education

Guide to Overheads

Section I: Introductions, Expectations, and Learning Objectives

Overhead # 1: Agenda (1 page)

Overhead # 2: Learning Objectives (1 page)

Section II: Key Terms in Relapse Prevention

Overhead # 3: Drug and Alcohol Use Terms (1 page)

Overhead # 4: Abstinence: What It Is and What It Isn't (1 page)

Overhead # 5: Recovery Process (1 page)

Overhead # 6: Relapse: What It Is and What It Isn't (1 page)

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

Overhead # 7: 37 Relapse Warning Signs (4 pages)

Overhead # 8: Relapse Triggers Defined (1 page)

Overhead # 9: Red Flag Behaviors Defined (1 page)

Overhead # 10: Myth and Truth (1 page)

Section IV: Morning in Review

None

Section V: Relapse Case Study and Evaluation

Overhead # 11: Relapsing Client (1 page)

Section VI: Community Resources with Relapse Prevention Planning

Overhead # 12: Community Resources with Relapse Prevention Planning (3 pages)

Overhead # 13: Support Groups (1 page)

Section VII: Client Interview Role Play and Relapse Planning

Overhead # 14: Practical Skills for Interviewing a Relapsing Client (2 pages)

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Section VII: Client Interview Role Play and Relapse Planning (continued)

Overhead # 15: Important Components of a Relapse Prevention Plan (1 page)

Section VIII: Other Tools for Preventing Relapse

Overhead # 16: Other Tools for Preventing Relapse (1 page)

Overhead # 17: Eight Steps to Lowering Risks (1 page)

Section IX: Learning Needs, Closure and Evaluations

None