

Relapse Prevention - 5 CE Credits



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

Learning Objectives

- Identify evidence-based Relapse Prevention (RP) skills to use with an individual in Substance Use Disorder (SUD) treatment services in person and telehealth
- Identify your own personal biases and stigmas related to substance use and how they may be exaggerated during a time of crisis.
- Learn and understand cognitive distortions (unhelpful thinking) and automatic thoughts that contribute to 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.

Registration

Please [click here](#) to register for this virtual event. This training is **FREE** of charge to County BHS staff and County-contracted providers.

Cancellations

Please cancel your registration within 48 hours of the start of training to allow those waitlisted to participate.



Virtual Event

Date: Friday, January 12, 2024

Time: 9:00 a.m.-3:00 p.m.

This course will be conducted remotely through **Zoom**.



Registration

[Click here](#) to register for the training. Registration will close once the training reaches capacity.



Who Should Attend

All substance use counselors, case managers, therapists, and other direct service providers.



The Trainer

Terri Garcia MA, BS, CADC III-CA, SUDCC III-CS has worked in behavioral health since 1999 in various capacities, working with adolescents and adults with co-occurring disorders. She is with San Ysidro Health as the Manger, Behavioral Health Programs II, and Operations. Terri has had direct oversight of both outpatient and residential treatment facilities throughout her career and has been training community partners for over 18 years as a certified trainer first with Mental Health Systems.

Relapse Prevention – 5 CE Credits



ADA

Please submit all requests for accommodations two weeks before the training to

BHSworkforce.HHSA@sdcounty.ca.gov

Continuing Education

Aurora Behavioral Health Care is approved by the California Board of Registered Nursing, Provider #15298, for **5 contact hours** - the licensee shall be responsible for retaining this document for a period of 4 years after the course concludes; and **5 hours of CE credits** for CAADAC Counselors as required by the California Association of Alcoholism and Drug Abuse Counselors, Provider # 1S-05-675-0825. Aurora Behavioral Health Care is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. 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. Aurora maintains responsibility for this program/course and its content. Aurora Behavioral Health Care is a CAMFT Provider #83638 and this course meets **5 hours** of CE credits. Certificates will be issued at the end of the presentation upon completion of the Evaluation.



In order to receive completion and credit/CEs, you must have your video camera on, and you must be in front of your camera for the duration of the training.

No partial CE credit will be awarded – participants may only miss 15 minutes per presentation day, otherwise they will not receive CEs or be able to participate in the training.

If you have questions or to report grievances, please email bhsworkforce.hhsa@sdcounty.ca.gov.

Cancellations

Please cancel your registration within 48 hours of the start of training to allow those waitlisted to participate.



Virtual Event

Date: Friday, January 12, 2024

Time: 9:00 a.m.-3:00 p.m.

This course will be conducted remotely through **Zoom**.



Registration

[Click here](#) to register for the training. Registration will close once the training reaches capacity.



Who Should Attend

All substance use counselors, case managers, therapists, and other direct service providers.



The Trainer

Terri Garcia MA, BS, CADC III-CA, SUDCC III-CS has worked in behavioral health since 1999 in various capacities, working with adolescents and adults with co-occurring disorders. She is with San Ysidro Health as the Manager, Behavioral Health Programs II, and Operations. Terri has had direct oversight of both outpatient and residential treatment facilities throughout her career and has been training community partners for over 18 years as a certified trainer first with Mental Health Systems.

Page 2 of 3

Relapse Prevention - 5 CE Credits



Course Outline: Relapse Prevention

Terri Garcia, B.S., CADC III-CA, SUDC III - CS

Educational Goal

To improve the application of Relapse Prevention in the delivery of behavioral health services.

Learning Objectives:

Upon completion of this training, participants will be able to:

1. Identify evidence-based Relapse Prevention (RP) skills to use with an individual in Substance Use Disorder (SUD) treatment services in person and telehealth
2. Identify your own personal biases and stigmas related to substance use and how they may be exaggerated during a time of crisis.
3. Learn and understand cognitive distortions (unhelpful thinking) and automatic thoughts that contribute to high-risk situations for substance use.
4. Describe cultural considerations for Relapse Prevention.
5. Demonstrate techniques that will remove barriers to treatment and increase an individual's self-efficacy
6. Develop a person-centered relapse prevention plan.

Time	Activity
8:45 am - 9:00 am	Enter Zoom waiting room; video and mic check*
9:00 am – 11:30 am	Introductions, Objectives, Identify core concepts, Review current challenges, Overview of cultural considerations
11:30 am – 12:30 pm	Lunch
12:30 pm – 2:30 pm	Interactive discussion: Develop a Relapse Prevention plan through interactive role play
2:30pm – 3:00 pm	Questions and Check-in



In order to receive completion and credit/CEs, you must have your video camera on, and you must be in front of your camera for the duration of the training.

No partial CE credit will be awarded – participants may only miss 15 minutes per presentation day, otherwise they will not receive CE's or be able to participate in the training.