

Class: Relapse Prevention for Probation

Instructional Time: 8 hours

Learning Objectives

- a. Develop a strong rapport with offenders that will facilitate the honest communication needed to help prevent relapse.
- b. Identify the signs and symptoms of relapse thinking and behavior.
- c. Utilize Cognitive Behavioral and matrix model tools to help offenders stay away from relapse and maintain recovery.
- d. Utilize online resources and local community support beyond 12 step program.
- e. Maintain hope while supervising substance abusers.

Course Description

Whether you work with juveniles or adults your predominant population are drug and/or alcohol abusing offenders. How do you do your best to prevent them from relapsing AFTER you are successful in getting them into treatment. In this course we give officers tools and community resources that can help with this. Skill building exercises, role-plays and case studies make this a worthwhile course that is also not boring.

*San Diego County hires an external instructor to teach this class therefore additional material is not available for review as it is not property of the San Diego County Probation Department.

