



Relapse Prevention

In Drug Medi-Cal Organized Delivery System (DMC-ODS) Substance Use Disorder (SUD) Programs in the Fresno County Behavioral Health System of Care

August 16, 2019

8:30 AM Check-in

9:00 AM – 4:00 PM

COURSE AGENDA

TIMES	TOPIC
8:30 AM-9:00 AM	Registration and Check-in
9:00 AM-10:30 AM	Literature Review <ul style="list-style-type: none"> • Current research on Recovery and Relapse in Substance Use Disorders • Motivation, State of Change and Relapse • Developmental Model of Recovery—a review of recovery tasks • Cognitive-Behavioral Models of Recovery/Relapse Prevention
10:30 AM-10:45 AM	BREAK
10:45 AM-12:00 PM	Factors That Complicate Recovery <ul style="list-style-type: none"> • Co-occurring disorders and their impact on recovery efforts • Identifying and planning management of the drug specific and individualized dynamics of craving • The role of stress on recovery and relapse: Identifying stressors, the good, the bad, and the ugly
12:00 PM-1:00 PM	LUNCH
1:00 PM-2:30 PM	Relapse Prevention Treatment <ul style="list-style-type: none"> • Assessment of Treatment Need and Commitment to Recovery • Identifying and Evaluating High-Risk Situations- Cues and Triggers • Identifying and Evaluating Warning Sign/High-Risk Situation— thoughts, feelings and behaviors • Coping Skill Building (practicing skills) <ul style="list-style-type: none"> ○ Cognitive Skills ○ Managing Emotions ○ Managing Behavior ○ Managing Physical Distress
2:30 PM-2:45 PM	BREAK
2:45 PM-4:00 PM	Building the Personalized Recovery Plan <ul style="list-style-type: none"> • Writing and monitoring the Recovery Plans • Building an Intervention Team • Strength-Based Approaches- Resiliency and Recovery Capital • Chronic Care Management- The role of a Recovery Oriented System of Care

The County of Fresno Department of Behavioral Health (DBH), has partnered with the California Institute for Behavioral Health Solutions (CIBHS) to provide trainings to help guide participants through the process of transforming their current business practices, increase financial stability, improve clinical practices and enhance operational support and procedures.