

# Relapse Prevention Groups

- Maintaining abstinence or recover from relapse. Relapse prevention helps to maintain sobriety by providing students with skills and knowledge to anticipate identify and manage high-risk situations that lead to substance use stabilization.
- Focuses on activities, problem solving, and skill building
- Supportive relationship building
- Targeting high risk students
- Relapse needs to be handled in a non judgmental way
- Understand the wide range of consequences for relapse: criminal justice, child protection, job, school, family, relationships, etc.



# Relapse Prevention Group Ideas

**R Bogdan**



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