



LEVEL IV: RELAPSE PREVENTION GROUP

TARGET POPULATION

- Addiction Centre **Level IV** patients.

GOALS

- Facilitate awareness regarding the circumstances/conditions which may increase risk for relapse to substance use and/or behavioural addiction.
- Facilitate understanding of the interaction between physical and/or mental illness and addictive behavior.
- Help develop skills to minimize risk for relapse.

ACTIVITIES

- Education on mood, anxiety, grief and loss, sleep, lifestyle balance, return-to-work issues and relationships.
- Exploration of individual risk factors, as they relate to the above topics.
- Introduction of skills to better manage risk factors, and reinforcement of protective factors.
- Complete relapse prevention worksheets on each topic area.

OUTCOME

- Enhanced understanding of individual risk factors for relapse.
- Enhanced repertoire of skills for managing risk factors.
- Completed personalized relapse prevention plan.