



**Chesapeake Integrated Behavioral Healthcare  
(CIBH)**

Adult Outpatient

## **Relapse Prevention**

Day and Times: Monday from 4:00 p.m. to 5:30 p.m. or Tuesday from 5:30 p.m. to 7:00 p.m.

Duration: 10 weeks

Location: Virtual (video conference)

### **What Is Relapse Prevention?**

This outpatient group is specifically focused on assisting individuals maintain recovery by strengthening the person's knowledge of their triggers and relapse warning signs. Participants learn skills that are useful during relapse prevention planning.

Group members will discuss various topics about staying substance free and what skills help to accomplish this. Topics may include:

- Relapse Prevention Introduction
- Shame
- Relapse Warning Signs
- Relapse Prevention Plan
- People, Places, and Things
- Healthy vs Unhealthy Boundaries
- Support Systems
- Coping Skills
- Moving Forward
- Moving Backward
- Benefits of Sobriety
- The Moods of Addiction and Sobriety

**For more information please call 757-547-9334**