
RELAPSE PREVENTION

PART I GENERAL INFORMATION

What is Chemical dependency/addiction?

effects
treatment

What is recovery?

the developmental model of recovery
stuck points in recovery
comparing developmental with traditional
models

What is relapse?

classification of recovery/relapse history



PART II What is Relapse Prevention treatment?

self-regulation
integration
understanding
self-knowledge
coping skills
change
awareness
significant others
maintenance

Basic Skills

active skills
basic relapse prevention techniques

Group Sessions

how is group counselling different from
individual counselling
planning for group work
group goals and principles
rules and contracting
outline for group sessions

PART III RELAPSE PREVENTION WORKBOOK

General Instructions

Self-Assessment

alcohol and drug addiction test
offender personality self-test

Warning Signs and Recovery Planning

warning sign identification
warning sign management
recovery planning

The workbook consists of 27 exercises specific to people in conflict with the law that guide the client through the program, with counsellor support, in a time frame that is comfortable for the client.

For Information Phone
454-5041 Ext. 24
email: efrymain@efrynovascotia.com
Att: Program Coordinator

All inquiries are strictly confidential

OUR MISSION STATEMENT:

Our Society continues to work with, and on behalf of, women in conflict with the law and those at risk of becoming in conflict with the law by:

- responding to the needs of women in prison
- Developing programs and services in the community for women
- encouraging public awareness and understanding of issues related to women in conflict with the law
- lobbying for the improvement of conditions for women in local penal institutions
- lobbying for changes in the criminal justice system

**Elizabeth Fry Society
Mainland Nova Scotia
2352 Gottingen St.
Halifax, Nova Scotia
B3K 3B9**

**PH: (902) 454-5041 FAX: (902) 455-5913
EMAIL: efrymain@efrynovascotia.com**

Website: www.efrynovascotia.com

PLEASE HELP US HELP!!!

Support Us: As a not-for-profit organization, we need donations and community support. All donations are tax-deductible. Also you can have planned giving in your will

Become a Volunteer: From our Management Team(board) to the One-on-One Program. ***VOLUNTEERS ARE ESSENTIAL.***

Help us to Educate Others: If you belong to a local organization or club, invite us to speak at your next meeting.

Take Out a Membership: You will receive newsletters and a vote at Annual General Meeting.

Membership Application

Name

Address

Postal Code

Phone Number

Waged \$25 _____ Unwage \$5 _____

**Group \$50 _____ Corporate \$100 _____
Sustaining \$100 _____**

***I do wish to become a member, but I
would like to make a donation \$ _____**

**The Elizabeth Fry Society
Mainland NS**

**RELAPSE
PREVENTION
PROGRAM
(For Women)**



**2352 Gottingen St.
Halifax, Nova Scotia
B3K 3B9**