

# Relapse Prevention Program

The Dilworth Center Relapse Prevention Program was developed for individuals needing to strengthen their recovery program and prevent relapse. Often times, individuals successfully complete their treatment programs as recommended and upon completion, desire on-going support to transition into the community. Newly recovering persons are faced with the task of negotiating the terrain of drugs and alcohol in social and medical situations with minimal support. Some persons in recovery find that they often struggle to maintain balance in their lives while making recovery a priority. The Relapse Prevention Program is designed to help individuals identify triggers, high-risk situations, and other issues that might impact recovery efforts as they reintegrate themselves back into the society where drugs and alcohol were once a major component of their daily functioning.

As a member of a Relapse Prevention Group, patients will identify past and potential areas of high risk which have contributed to a relapse in the past or may lead to one in the future. Individuals are encouraged to build awareness of their internal drives, fears, blind spots, and obstacles to success through interaction with other group members facing similar challenges. As

## *Our Philosophy*

*The Dilworth Center believes that recovery from chemical dependency must begin with complete abstinence from all mood-altering chemicals. We believe that the best single mechanism for ensuring long-term recovery is active participation in mutual-help groups such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). The Dilworth Center believes that throughout the treatment process our patients, as well as their families, deserve the same dignity and quality of care as those suffering from any other disease.*

individuals grow in understanding themselves and their potential for relapse, they will develop a personalized Relapse Prevention Plan. This plan will offer practical tools to guide and build a better foundation for on-going recovery.

The Relapse Prevention Program consists of a combination of individual and group therapy sessions. Patients are required to participate in an initial assessment to determine eligibility for the program. An initial 12-session commitment is required. Individual sessions will be scheduled based on counselor and patient availability and need. Urine drug screens are incorporated into the program to provide patient accountability.

***Alcoholics Anonymous (AA), Narcotics Anonymous (NA)*** – Throughout the Relapse Prevention Program, patients are required to continue participating in Alcoholics Anonymous or Narcotics Anonymous, stay connected to their sponsors and continue attending home group meetings. Attendance at a minimum of three meetings per week is required.

### ■ **Schedule for the Relapse Prevention Program**

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6:15 pm – 7:45 pm	Tuesdays or Thursdays (12 group minimum commitment required) Individual Sessions as scheduled
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