Strategies for Recovery

and Relapse Prevention

* Introduction
* Define terms
  + Co-occurring disorders
  + Addiction
  + Recovery
  + Relapse
* What comes first?
  + Addiction or disease
  + Examples of connection and difference
  + Lack of research in this area, book suggestions
* Personal examples
* Strategies
  + Know your risk factors
    - ACEs
    - Suicide attempts
    - Dual diagnosis
    - Triggers
  + Questions to ask
  + What do the answers reveal
  + Practical tools
  + How to find hope
  + What’s the impetus for change
* Holistic Recovery Plan
  + Engaging mind, body and spirit
* Questions and Answers
* Additional Items
* Sources
* Professional Information

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