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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