Intensive Relapse Prevention Series:

The 16-week Intensive Relapse Prevention Series provides an intensive relapse prevention program for the dual diagnosed participant at HALI PROS as an alternative to referral to an outside rehabilitation program.

The participants will be encouraged to verbalize their feelings that occur when they use substances, explore how using substances can or has led to involvement with the criminal justice system, create a list of 5 prevention skills, and identify how their mental health condition can contribute to substance abuse. Random toxoligy and breathalyzer testing will be administered to assist the participant in remaining clean & sober.

If the participant has relapsed and the PROS Team believes that the Intensive Relapse Prevention Series would be appropriate, a team meeting is held with the participant. The program is presented to the participant. The participant writes their own Collaborative Recovery Action Plan Agreement which specifies what their responsibilities are when agreeing to enter the program. The program entails at least one additional day per week of attendance, meeting on a weekly or as needed basis with their primary staff person and participation in a 16-week Intensive Relapse Prevention class which is held 2xs per week.

If a new participant has a history of chronic relapse and has not been substance free for any significant period of time the team may recommend that the new participant be placed in the Intensive Relapse Prevention Series upon admission.

Benefits of this class: Relapse prevention, education regarding the relationship between substance use and one's mental health condition, better coping skills, self-determination and empowerment.