SERVICE NAME	RELAPSE PREVENTION SKILLS GROUP
Funding Source	Reporting Center funding, or if available, Behavioral Health funding
Setting	Reporting Center/Service Center/Satellite Center
Basic Definition	Equip individuals in recovery with the tools, strategies, and support necessary to identify triggers, manage high-risk situations, and prevent a return to substance use. These groups foster accountability, teach emotional regulation, and encourage lifestyle changes to maintain long-term wellness
Service Expectations (include EBP)	Open group • Individualized Relapse Prevention Plan is developed, reviewed, and adjusted as needed, and shared with group members. • Use of Motivational Interviewing • Facilitator sets the tone of a supportive, empathetic, trauma informed, and respectful environment • Require participant utilization of 12-Step or other community support groups and sponsorship as appropriate • Group facilitator shall complete documentation within 3 business days of completion of weekly session and immediately relay any concerns to supervising officer and/or Reporting Center Coordinator. • Incorporate the stages of change when completing group notes. • Provide referral recommendations to supervising officer, if applicable. • All facilitators must submit a *Program Plan Overview* with their RFQ application to AOCP at the beginning of each procurement cycle and utilize the approved AOCP curriculum. • <u>AOCP Approved Curriculum:</u> 1. Relapse Prevention Collect; Second Edition, By: Hazelden Publishing, Minnesota Department of Correction, 2. Marlatt's Relapse Prevention Model; (to include Mindfulness Based Relapse Prevention) - Relapse Prevention, Second Edition: Maintenance Strategies in the Treatment of Addictive Behaviors 3. Mindfulness-Based Relapse Prevention for Addictive Behaviors By: Sarah Bowen and Alan Marlatt 4. Gorski's Relapse Prevention Model; Advanced Relapse Prevention Therapy • Curriculum, workbooks, and handouts utilized are to be provided by the facilitator.
Length of Services	Minimum of 6 weekly sessions per group cycle 1- 2 hour session per week. 1 hour preparation/documentation per 2-hour weekly session (.50 hrs. per 1.0hr of group, if group time is shortened in anyway, doc/prep time shall also be shortened) 1 hour staffing/consultation with supervising officers per month. Participants have successfully completed the group when they've successfully completed all 6 weekly sessions.
Staffing Requirements	Appropriately licensed and credentialed professionals (Psychiatrist, APRN, P.A. Psychologist, Provisionally Licensed Psychologist, LIMHP/LICSW, LMHP/LCSW, PLMHP/PLCSW, LADC/PLADC). A **dually licensed clinician is preferred** for any individual with a co-occurring diagnosis All provisionally licensed/credentialed professionals must be supervised by an appropriately licensed professional pursuant to State licensing requirements. ***All facilitators and any clinical supervisor must be a Registered Service Provider with Probation.***

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Maximum Class Size	12
Minimum Class Size	6 *Minimum Class Size* refers to the number of referrals needed to schedule the group. If fewer than the minimum (6) attend, the class may still be held. However, if attendance falls below the minimum (6) for two consecutive weeks, the class cannot be held in the third week until at least the minimum number of participants are present. As a result, a class may need to be temporarily suspended due to insufficient attendance.
Hours	Most groups will be scheduled outside of normal working hours, including evenings and weekends.
May be facilitated through Teleservices	Yes – with a maximum of 12 participants between all sites.
Desired Participant Outcome	• Increase self-awareness to enhance overall wellbeing • Enhanced coping skills • Improved emotional regulation • Personalized Relapse Prevention Plan • Reduced isolation and increased support • Strong, supportive network • Rebuilding a stable lifestyle
Rate	$110.00 per hour

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