



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

Date: December 5, 2011

Title: MICA Relapse Prevention (aka: Relapse Prevention MICA)

Component: Intensive rehabilitation (IR)

Service: Intensive Relapse Prevention (IRP)

Population: Any member in the IR component of PROSper population who wants to address chemical dependency and relapse issues

Frequency: 1 to 2 times per week

Duration: 50 minutes

Description: A discussion-based group in which individuals discuss persistent drug and alcohol relapse and support each other in discovering new ways to avoid relapse. Individuals will be given the opportunity to create a personalized relapse prevention plan, which they will be encouraged to incorporate into their Individualized Recovery Plan.

Mode of Work:

- A. **Purpose:** To provide an opportunity for group members to acknowledge their drug and alcohol use and learn the skills needed to manage their triggers and urges to use.
- B. **Group Framework:** Education on and exploration of preventing drug and alcohol relapse through group discussion and support. Individuals will be encouraged to share their issues with relapse and accept feedback from group members. Group will brainstorm solutions to relevant personal issues as they arise.

Expected Outcome: Individuals will exhibit an increased ability to recognize and address drug and alcohol use and successfully reduce and manage relapse, so that they can attain desired life goals.