

Course Information Sheet

**Bundled Course: Substance Resources: What You Should Know
and Thirty-Seven Signs of Relapse
(7 education hours)**

Course Description: Knowing where to find information about addiction and relapse prevention is a good start to recovery. This course combines two of our courses: *Substance Resources: What You Should Know* and *Thirty-Seven Signs of Relapse*. All the information that you need in just one course!

Course Objectives:

1. Define the common terms associated with use, abuse, and addiction
2. List the types of treatment and self-help group terms that are available to help both the abuser/addict and her/his family members
3. Explain the provider types that can provide assistance
4. Describe the goals of treatment
5. Discuss the steps for choosing the right program that will lead to recovery
6. List and explain the 37 warning signs of relapse
7. Describe the steps to construct your own list of Personalized Warning Signs
8. Explain positive and healthy ways to deal with relapse “slips” that may occur
9. Write your own Relapse Action Plan

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=30>