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| Avoid Teens Peer Pressure Guide
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Prevention Strategies for People Who
Are SERIOUS About Recovery!
Relapse Prevention in Substance use
Disorders by Ms. Ratnesh Chopra**
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*Frank's Experience in Cognitive
Behavioral Therapy for Substance
Use Disorders*

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Drug Abuse Awareness Video ~~Learn~~
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~~kids during Red Ribbon Week~~
~~(Elementary School). Peer Pressure-~~
~~The Cost Of A Crush~~ Drug
Awareness Video ~~How do drugs~~
~~affect the brain? - Sara Garofalo~~ *Top*
7 Relapse Prevention Strategies Drugs
and alcohol awareness film Bobby
gets cool (part 1) **Overcoming**
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*Tobacco \u0026 Drug Addiction,
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**Webinar: Preventing Alcohol and
Marijuana Use Among Youth -**

**What's the Evidence Peer-led
interventions to prevent tobacco,
alcohol and/or drug use among
young people** Addiction Relapse

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Drug Abuse and Misuse* Refusal
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The top 10 relapse prevention skills
include: 1. Self-Care. Common post-
acute withdrawal symptoms when
recovering from addiction include
insomnia and fatigue. The New York
Office of Alcoholism and Substance

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Abuse Services (OASAS) reports that these are common potential triggers for relapse. By implementing physical exercise and a balanced diet, one can improve their quality of sleep.

The Top 10 Relapse Prevention Skills - Addiction Center

And while these refusal skills techniques are suggested for teens, they can be adapted to adult situations and provide individuals with the best chance of avoiding relapses and drug abuse: Explain Your Refusal – Often, people will accept good reasons for refusing drugs, such as “I need to be sober ...

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Drug Refusal Skills | Addiction
Treatment Center WA ...

-The following are drug refusal skills & techniques: -Say no immediately!

- a. Do not stumble or hesitate. You can make it the very first word that comes out of your mouth!
- Be clear and firm- no means no!
- a. Avoid statements such as, Not today or ^Maybe later
- b. Avoid excuses, such as My girlfriend will get upset _ or I have to get to work

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The Top 10 Relapse Prevention
Skills - Addiction Center

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