



MAT Substance Abuse Education

Phase I

Week 1: Introduction to Substance Education

- Welcome!
- Outline of EDCHC C3 Program
- How did we get here?
- Addiction Changes the way your brain works!
- Abstinence allows you time to learn, and your brain time to heal.
- The Stages of Recovery

Week 2: Buprenorphine and the Brain

- Buprenorphine and The Brain Presentation
- MAT Medication – Side effects, care of meds, laws of controlled substances

Week 3: Slow Down Skills

- Learning Skills to Prevent Relapse
- Deep Breathing
- Thought Stopping
- Thought Interrupting
- Time Out

Week 4: Communication Skills

- Types of Communication
- Giving Information
- Receiving Information
- Other types of communication

Week 5: Triggers, Relapse Warning Signs

- The Behavior Sequence
- Triggers
- Relapse Warning Signs
- Post-worksheet

Week 6: Nutrition Theresa Fagori from El Dorado County Public Health Department

Week 7: Mindfulness and the Brain – Guest Speaker?

- Learning About the Brain
- Mindfulness for a Healthy Mind

Week 8: Emotional Regulation Skills

- Check the Facts
- Opposite Action

Week 9: Wise Mind

- Emotional Mind
- Reasonable Mind
- Wise Mind

Week 10: Problem Solving**Week 11: Creating a Relapse Prevention Plan**

- Pre-worksheet
- Self-care, daily routine, hobbies, combating boredom
- Medical Care
- Goal planning
- Post-worksheet

Week 12: Improving Health through Dental Care