

**DDAP Monthly Technical Assistance Series**  
**Individualized Services and Group Development**  
**Question and Answers**  
**03/04/2024**

Q: Does jail/incarceration time count toward stage of recovery?

A: The stages of recovery can relate to someone regardless of where they are physically located, including incarceration.

Q: TIP 41 indicates that re-occurrence of substance use groups is not indicated for the early stage of recovery. However, preventing re-occurrence of use in early recovery is key. Can you please address this?

A: This is correct. Preventing recurrence is an essential aspect of relapse prevention. SAMHSA's TIP 41 identifies individuals in early stage of recovery may be more ambivalent about making changes related to their use which is why the TIP focuses on acclimating the individuals to recovery culture by way of psychoeducation and skill building. We've identified below some helpful definitions the TIP includes related to these specific groups which may help to alleviate concerns related to the TIP not addressing relapse prevention in early recovery.

**Psychoeducation Groups:** Groups formed to educate clients about substance abuse, related behaviors, and the behavioral, medical, and psychological consequences of use, abuse, and dependency; psychoeducational groups provide information important for achieving abstinence and maintaining recovery (pages 12-15, 156).

**Skills Development Groups:** Groups formed to bring about or improve the skills needed to achieve and maintain abstinence; such skills may relate directly to substance abuse (such as ways to refuse drugs or cope with urges to use them), or they may be designed to reduce or eliminate general life problems that imperil recovery (such as inadequate anger management or an inability to relax) (pages, 15-17, 157).

**Relapse Prevention Groups:** Groups formed to help clients maintain abstinence or minimize the impact and duration of relapse (pages 29-31, 156).