

# Creating Recovery Action and Relapse Prevention Plans

Friday, June 5th, 2026, 12:00PM-1:00PM PT

**Trainer:** Linnea Ubaldo, Program Coordinator; Dr. Tara Leiker, Program Manager, Lifelong Medical Care's Tobacco Treatment Training Program

**Description:** This 1-hour training session will focus on taking participants through a step-by-step process of creating a Tobacco Recovery Action Plan (RAP) to meet the needs of a particular case study client. From there, they will learn to develop a comprehensive Relapse Prevention Plan that aligns with the RAP. By the end of the training session, participants will gain enough knowledge to feel comfortable meeting the needs of their clients with tailored RAPs and Relapse Prevention Plans for tobacco use intervention and recovery.

**Who Should Attend:** This training is directed towards administrative and/or clinical staff of Alameda County Public Health Department providers and Alameda County Behavioral Health (ACBH) funded substance use treatment and mental health programs, but all staff are welcome to attend.

## Measurable Learning Objectives

- Describe four (4) components of a Recovery Action Plan
- List five (5) potential relapse triggers
- Describe three (3) qualities of nicotine withdrawal
- Identify five (5) coping skills for nicotine withdrawal

**Questions?** Contact us at [tobaccotreatment@lifelongmedical.org](mailto:tobaccotreatment@lifelongmedical.org) | [Please click here to register.](#)

This training is sponsored by Alameda County Behavioral Health in contract with LifeLong Medical Care's Tobacco Treatment Training Program, located EBCRP. CE credit is provided by LifeLong Medical Care.

If you have any questions or need to request accommodations for disabilities, please contact [tobaccotreatment@lifelongmedical.org](mailto:tobaccotreatment@lifelongmedical.org).

For grievance information, including filing a grievance or to receive a copy of the grievance policy, please contact [tobaccotreatment@lifelongmedical.org](mailto:tobaccotreatment@lifelongmedical.org).

Course meets the qualifications for 1.0 hours of continuing education credit for LMFT's, LCSW's, LPCC's, LEP's as required by the California Board of Behavioral Sciences and SUD Counseling Staff by the California Consortium of Addiction Programs and Professionals (CCAPP).

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