



ASSISTANCE IN RECOVERY

Improving lives together

Not Home Alone

The Not Home Alone program operates for the first few days post-treatment and places a trusted clinician in the home. This companion, with whom the recovering client has had previous counseling or contact, helps to strip the home environment of things that may trigger relapse or inhibit progress.

In addition, companions may accompany the client to the first recovery meeting, help him or her find a sponsor, keep the family or workplace informed of progress or needs and make sure recovery is as smooth as possible.

Not Home Alone provides:

- A personal, trusted clinician who aids in transition within the home
- Assistance in transitioning from self-destructive behavior to healthy actions and thought
- Help in prepping the home for recovery
- Aid in finding a sponsor, meetings and local recovery tools
- Communication between family and individual

For those looking for a little more immediate direction, Not Home Alone provides a great structure and help in completing some of the most difficult first steps. Often the first few days out of treatment provide temptations too alluring to defeat on one's own. With a little extra help, everyone can make it through to regain the inner strength necessary to continue the process.