



Discharge Resources

Steps to a successful Post-Discharge experience:

1. Stay in touch with your alumni coordinator.
 - a. Attend **ALL** Hope Valley alumni events.
 - b. Work through job-related issues and life stressors.
 - c. Visit the Hope Valley Recovery alumni resource page
 - i. [Alumni Resources | Hope Valley Recovery \(hyphenateagency.com\)](http://AlumniResources|HopeValleyRecovery(hyphenateagency.com))
2. Stay in contact with the sponsor you worked with while at Hope Valley Recovery.
 - a. Daily calls are recommended for the first 90-days post-discharge.
 - b. Don't be afraid to share your TRUE feelings with them.
3. Attend a minimum of 90 meetings in 90 days post-discharge.
 - a. If you miss a day, double up on another day.
 - b. Continuing to build your recovery community is extremely important!
4. Continue with the recommended treatment that is provided to you by your clinical team.
 - a. Individual counseling
 - b. Group counseling
 - c. Case management
 - d. Etc.

Remember, Hope Valley Recovery is ALWAYS available by phone, 24 hours a day, 7 days a week to provide you with support!

(740) 500-1391

12-Step Information

Alcoholics Anonymous:

1. www.aa.org
 - a. You can navigate to the "meeting locator" page on their site and find meeting dates and times in your local area.
2. www.recovery.org/aa/
 - a. Online AA resources to help you in your AA recovery journey.

Narcotics Anonymous:

1. www.na.org
 - a. You can navigate to the "meeting locator" page on their site and find meetings dates and times in your local area.
2. Narcotics Anonymous Helpline
 - a. (888) 438-4673

Cocaine Anonymous:

1. www.ca.org
 - a. You can navigate to the "meeting locator" page on their site and find meeting dates and times in your local area.
2. Cocaine Anonymous Helpline
 - a. (866) 777-0983



Useful Tips

1. DON'T USE!
2. Go to meetings! Go to 90 meetings in 90 days.
3. Use your sponsor.
4. Read the AA Big Book or NA Basic Text.
5. Work the Twelve Steps.
6. Seek a Higher Power.
7. Stay away from people and places that don't support your new life of recovery.
8. Remember, one day at a time, stay in the now!