

# NAVIGATING LEAVING TREATMENT AND RETURNING HOME IN A TIME OF SOCIAL DISTANCING



**At Caron our mission is Recovery For Life, with a promise to support our patients' throughout every part of their recovery journey.**

With the recent and ever evolving challenges in our country related to COVID-19, we recognize that community lockdowns and social distancing can create even greater challenges to those returning home following inpatient treatment. Substance use disorder often presents itself as a disorder of isolation, therefore recovery works best when there is a continuing care plan established that includes a network of support. In order to bridge the gap between leaving treatment and following through with your continuing care plan, Caron will offer additional support to help you navigate between virtual support and eventual transition back into your local community supports and appropriate level of care.

**Caron's Bridge to Recovery Program provides two phone calls per week from a Recovery Support Specialist to help navigate the start of your recovery journey. Calls will focus on:**

- **Connecting you to professional counseling:** Caron staff will connect you to your therapist or a local therapist through telehealth during this time of social distancing
- **Support network:** Caron staff will work with you to develop a network of virtual meetings, APPS and other online resources so you can connect with others in recovery via phone or through online tools
- **Nutrition/Exercise:** Caron staff will help you create and manage a nutritional plan and exercise regimen outside of going to a gym or work-out class
- **Navigating going back to work, not working, or remotely working**

## We provide

- Support and guidance upon leaving treatment to help you navigate what it means to use virtual support during a time of social distancing
- Assistance in bridging the gap between virtual support and telehealth to eventual physical, in-person support and therapy
- Weekly phone calls with a Caron Recovery Support Specialist
- Swift intervention if relapse occurs, with clinical involvement if needed

- **Stress management**
- **Sleep hygiene**
- **Compliance with MAT**
- **Transition plan:** Once social distancing and other governmental measures are lifted; we will help with the transition from virtual support and therapy to in-person community supports and your appropriate level of care

## Cost

**Please call an Admissions Specialist for more information**