ALONGSIDE
ADVISORS

THE BRIEF · FAMILY CHECKLIST

The first 30 days at home.

For families supporting someone home from residential treatment.

01 BEFORE THEY COME HOME

- ☐ First outpatient appointment booked within 7 days of discharge: date, time, address.
- ☐ Transport arranged for discharge day and the first two appointments.
- ☐ Releases signed so the treatment team and outpatient provider can speak with us.
- ☐ Housing decided, with recovery housing considered seriously.
- ☐ Naloxone at home if opioids or stimulants were involved; all adults know how to use it.
- ☐ Agreed who checks in and how often, and what happens if there is a slip.
- ☐ Home and car cleared of alcohol, drugs, paraphernalia and unused prescriptions.

02 THE FIRST WEEK

- ☐ A first recovery meeting within 48 hours.
- ☐ One fixed commitment every day: a session, a meeting, work or exercise.
- ☐ First outpatient appointment attended and confirmed.

03 DAYS 8 TO 30

- ☐ Check-ins happening on the agreed schedule.
- ☐ Next week's calendar reviewed together, weekly.
- ☐ Evenings and weekends structured; work, school or training in the routine.

SIGNS THE PLAN IS DRIFTING

- Missed or rescheduled appointments.
- A thinning calendar and unaccounted time.
- Old contacts and places, or new secrecy.
- "I've got this" replacing the plan.

If you see these, reconnect them with the plan, quickly.

IN AN EMERGENCY

Overdose: use naloxone, call 911.

Crisis: call or text 988.

Treatment referrals: 1-800-662-4357.

WITH ALONGSIDE

A Lead Advisor coordinates the first month with your team. Start a conversation at alongside-advisors.com.

"Advisor" is a professional title, not a license, certification or registration. Alongside Advisors provides non-clinical support; clinical care comes only from licensed professionals. General information, not medical advice.

Building fulfilled lives, alongside you.