ALONGSIDE
ADVISORS

The Brief · Companion download

The Home Agreement.

One page the family and the person coming home fill in together, before the drive home. Keep every answer short and specific: a name, a time, a number. Read it again at 30 days and change what is not working. It is a plan, not a punishment.

01 THE DAILY RHYTHM

Morning check-in: what time, and with whom?	Time / person
Evening check-in: what time, and with whom?	Time / person
Meetings and appointments this week: how many, and who drives?	Number / driver

02 MONEY

Who holds the cards and the cash for the first 30 days?	Name / review date
Weekly spending amount, and how it is handed over.	Amount / day / method
Larger expenses: who pays, and how they are approved.	Name / limit

03 THE CAR, THE PHONE AND THE HOUSE

Car keys: who has them, and when does that change?	Name / date
Location sharing: on or off, and until when?	On / off / date
Alcohol and anything else in the house: removed by whom, by when?	Name / date
Visitors in the first month: who is welcome, and who is not yet.	Names

04 TESTING AND PRIVACY

Testing: yes or no, how often, and who sees the result?	Yes / no / schedule / who
What the family will not do (search, read messages), and what it will.	Will not / will

05 HOW WE TALK

One thing I need you to say more often.	Each person writes one
One thing I need you to stop saying.	Each person writes one
Our weekly family check-in: day, time and place.	Day / time / place

06 IF THERE IS A SLIP

How we will know.	
Who gets the first call, and who makes it.	Name / name
What happens next: who is called (clinician or advisor), and by when.	Name / number / hours
What does not happen that night (ultimatums, big decisions).	

07 OUR OWN SUPPORT

Each family member's own meeting, therapist or coach, and the day.	Name / support / day

Signed, the person coming home	Signed, family	Date, and the 30-day review date

How to use this page

Fill it in during treatment, not on the drive home. The best time is a family session in the last two weeks, with a counselor in the room. The second best time is the discharge meeting. The worst time is the kitchen table on the first night.

Both sides write. The person coming home should hold the pen for sections 01, 05 and 06. Agreements that are written by one side and handed to the other tend not to last past the first disagreement.

Specific beats strict. "Be home at a reasonable hour" is a fight waiting to happen. "Evening check-in at 9:30, by text if you are out" is a plan. Where you disagree, write down the narrower version and the date you will revisit it.

Loosen it on purpose. Every item in sections 02, 03 and 04 should have a date on which it gets reviewed, and the direction of travel should be toward normal life. The agreement is working when it gets shorter.

Plan for the slip while everyone is calm. Section 06 is the part families skip, and the part they need most. Decide now who gets the first call and what does not happen that night. A slip with a plan behind it is a bad week. A slip without one can become a bad year.

> ### Where Alongside fits
>
> A Lead Advisor can run this conversation with the family and the treatment team, then hold everyone to it: the check-ins, the home reset before arrival, the first weekend, and the call when something slips. The family gets its own Advisor through the whole process, not only the person coming home. Treatment teams: professional referrals at alongside-advisors.com. Families: start a conversation. Confidential from the first call.

"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. In an emergency, call 911. In a crisis, call or text 988.