

ROAD TO RECOVERY: A YEAR OF HEALING WITH ASHLEY

Ashley's Alumni Department is here to help you on your recovery journey, beginning when you enter inpatient treatment and continuing throughout your first year of recovery. We want to ensure that you remain connected with Ashley and find ways to achieve connection. Connection is the key to recovery.

Ashley hosts an Alumni Zoom Meeting Room which offers virtual meetings three times a day at 9am, 1pm, and 6pm. This virtual meeting room has helped Ashley alumni find sponsorship and form meaningful relationships with others seeking lifelong recovery.

MONTH 1

- Meet **Patient Care Coordinator***
- Work on post-treatment care plan
- Introduction to **Chalk Talk****
- Receive Alumni Resource guide
- Attend Orientation to Alumni Program
- Introduction to **Grad-to-Grad Program*****

MONTH 3

- Building your Recovery Network
- Email from Ashley
- How do I find a sponsor? Build my network? Keep in touch with my Ashley class?

MONTH 9

- Finding Your Passion
- Email from Ashley
- How do I keep myself busy? How do I find things which interest me and that I enjoy?

MONTH 2

- Into Action
- Alumni Recovery Check-in
- Phone call from Ashley's Alumni Department
- Post-treatment **ChalkTalk**** tutorial

MONTH 6

- Understanding Service Opportunities
- Email from Ashley
- What is a Service opportunity? Why should I be of service? How do I get a commitment?

MONTH 12

- Congratulations on 1 year since entering treatment!
- A New Life - Email from Ashley
- How do I show my Gratitude? How do I give back?
- Recovery Coin shipped to you from Ashley (upon request)



* **Patient Care Coordinators** meet with patients and provide peer support throughout the course of treatment, helping design post-treatment care plans based on the individual's specific needs.

** **Chalk Talk** is an interactive social media app only for Ashley Alumni. Keep in contact with your Ashley family, find upcoming events and meetings, and more. Download the app on the App store or Google Play to get started!

*** **Grad-to-Grad** is a peer led service opportunity where recent Ashley graduates are matched with Alumni in their region for the purpose of sponsorship and network building. Connection is the key to recovery!