



Recovery from Addiction Plan



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



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Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

How to Use This Book

Why have an action plan?

Having a plan with specific actions to take can help you feel less overwhelmed, know what to do first, and have a place to turn to when you need help. This book can get you started.

- Use this book as your recovery workbook. It can help you understand your addiction, find what tools may help you, and know what support there is in the area.
- Walk through the sections, make notes, and then use all of it to draft a plan at the end of the book for when you leave the hospital.
- Talk with a counselor about our plan and how best to make it happen.
- Don't try to do it alone. Whatever treatment approach you choose, having support is critical. Your chance for recovery is much better with people to guide you, encourage you, listen to you, and be there when you feel like using.

Know your options

There are a variety of paths to recovery and each has pros and cons. What may work for one person may not work as well for another. Knowing your options is a good first step.

The basic types of recovery programs include:

Detox Programs

Safely manages withdrawal under the direction of a doctor.

Residential Programs

You stay at a facility for a more intense program.

Outpatient Program

You stay in your home during treatment.

Medication Assisted Treatment

Prescribed by a doctor and may be used alone or with counseling.

Support Groups

People share their stories and support each other through recovery.

This book has more information about these and what local resources there are.

You don't recover from an addiction by stopping using. You recover by creating a new life where it is easier to not use.

- ADDICTIONS and RECOVERY.org

Where Am I Today?

List consequences you have had in your life because of drinking or using drugs.

Examples: Loss of a job, relationship, or legal problems.

Write down the most powerful reasons for you to no longer use drugs or alcohol. Examples: I never want to overdose and wake up in ICU again or I don't to lose my child.

What is happening now in your life that makes this the time to get sober?

Do you feel ready now? Why or why not?

Plan for Leaving the Hospital

Having a plan for what you will do as you are leaving the hospital will better your chances of getting into recovery. Staff at the Ohio State Wexner Medical Center can help you work through it and identify the best resources for you.

Will you get treatment when you leave the hospital? Yes or No

If yes, what program or resource will you use _____?

Do you think you will have withdrawal symptoms? Yes or No

If yes, what can you do to get through it? _____

If you need help with withdrawal, what program or resource will you use?

List any other issues you need to get help with, such as depression or a physical health problem and what you will do. _____

Do you have a primary health care doctor? Yes or No

If no, where can you call to get one set up? _____

List things that could get in the way of following through with your plans (like childcare, money, transportation, or no support from family) and what can you do about it?

- _____
- _____
- _____

Right after you leave the hospital, what are the first steps you will take?

1. _____
2. _____
3. _____

See tips for managing stress (Stress Busters) on page 17.

Programs at Talbot Hall

Detox program

At Talbot Hall, we promote holistic recovery to achieve health and peace of mind. Your treatment will address the physical, mental, emotional, social, and spiritual parts of your life. All are important to your long-term recovery.

The detox program is under the direction of a doctor. It safely manages withdrawal and prepares you for the next steps in the recovery process using a combination of medicine and behavioral treatment. Your doctor will decide which medicine is best for you to manage your withdrawal symptoms and to support you with your recovery. You will also attend group sessions and receive education as a part of the program. You are expected to attend ALL group and individual sessions while on the detox unit.

Detox is a process

Detox can be difficult. During the detox process, your body is craving the drug. It is common to feel irritable, depressed, or anxious. At times, it may be hard to think or concentrate. This is normal. It is best to put family and work concerns on hold and focus on getting well.

Detox times vary. Each person is different, but generally, detox takes between 3 to 5 days, depending on the drug, how long you have used it for, and how much you used. Detox does not work on its own. It is only part of the process of breaking the cycle of addiction.

About Talbot Hall

Talbot Hall provides comprehensive drug and alcohol addiction recovery services, offering outpatient programs tailored to meet the needs of each patient. Talbot Hall also has 25 beds for patients whose therapy requires a hospital stay.

Talbot Hall staff members include:

- Doctors
- Psychiatrists
- Clinical nurse practitioners
- Nurses
- Licensed chemical dependency counselors
- Licensed professional counselors
- Licensed social workers
- Patient care associates

Programs and treatment are based on criteria from the American Board of Addiction Medicine (ABAM) and the Ohio Department of Mental Health and Addiction Services (OhioMHAS). Talbot Hall is accredited by The Joint Commission and OhioMHAS.

Location and Contact Information

Talbot Hall
181 Taylor Avenue*
Columbus, OH 43205

614-257-3760

wexnermedical.osu.edu

*Enter on the North side of Ohio State University Hospital East on Phale D. Hale Drive.

Outpatient programs

As you prepare for discharge, we may recommend that you take part in one or more programs to help with your recovery:

| | |
|---|---|
| Partial Hospitalization Program | Program runs Monday through Friday from 9:00 AM to 1:45 PM. Lunch is included. Most patients complete this program in 2 to 4 weeks. |
| Intensive Outpatient Program (IOP) | Program allows patients to maintain family and work responsibilities. It runs for 4 to 8 weeks, 3 days a week. The program meets Mondays, Tuesdays and Thursdays, either from 9:00 AM to 12:15 PM or from 5:45 PM to 9:00 PM. |
| Individual and Group Counseling Programs | One-on-one counseling or group sessions can be used by itself or along with one or more outpatient programs. |
| Medication Assisted Treatment (MAT) - Outpatient Program | Program uses buprenorphine/naloxone (Suboxone), naltrexone (Revia/Vivitrol) or other medicine to help patients deal with opiate drugs. They can be used as a pathway to abstinence or as an ongoing substitute for opiate use. Patients are required to take part in doctor visits, individual and/or group counseling sessions, and drug screenings. |

Family support

Your family will be encouraged to take part in your treatment. Family members learn about the disease of chemical dependency, ways to help you, and how to help themselves. You will need to sign a release form for your family to be involved in family programs. Due to patient privacy laws, **staff will not be able to identify whether you are or are not at Talbot Hall for treatment.**

Family Education and Support Program

An education program for family members of patients in the Intensive Outpatient Program (IOP). Family members may attend meetings either on Tuesdays from 9:00 AM to 12:15 PM in the 2nd floor lecture room or on Tuesdays from 5:45 PM to 7:30 PM in the Wallace auditorium.

Twelve Step Programs

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recovery from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

-- From AA Grapevine, Inc.

What are Twelve Step programs?

Twelve Step Programs provide community support to those who want to establish and maintain a lifestyle free from alcohol and drugs. There are many different Twelve Step programs. The most popular are:

- Alcoholics Anonymous (AA)
- Cocaine Anonymous (CA)
- Narcotics Anonymous (NA)
- Al-Anon for family members

Each program has a book that guides its members:

- *Alcoholics Anonymous*, often called the AA Big Book
- *Hope, Faith & Courage* for CA
- *Narcotics Anonymous* for NA

Based on higher power

The programs are spiritually based, but they are not based on any religion. Each person chooses a higher power, which can be anything beyond you. For some, it may be nature, family, God, Buddha, science, or their home group.

Sponsor

A sponsor is someone who has made some progress in the recovery program. This person shares the recovery experience on a continuous basis with another who is trying to reach and maintain sobriety through Twelve Step Programs. Your sponsor is a guide, a teacher, a coach, and a support. You will be encouraged to get a sponsor as part of your recovery program.

Meeting types

There are many types of meetings, including:

- **Open meetings** that anyone can attend.
- **Closed meetings** that are for alcoholics or addicts only.
- **Speaker meetings** where a person talks about his or her story of recovery.
- **Discussion meetings** where everyone is invited to share and talk about a topic or whatever is on his or her mind.
- **Step meetings** where someone reads from the program's literature and attendees discuss it.

Things to know

- When you attend a meeting, you do not have to talk. Just say "I pass".
- The custom is to identify yourself by your first name or first name and last initial. For example, "I'm Brian G."
- If you need an attendance slip signed, put it in the basket as it is being passed along with your donation. (It is program custom to ask for a donation, but it is not required.) You can pick up your slip after the meeting from the chairperson.
- The number of meetings you are asked to attend is based on your needs.

Support meetings offered at Talbot Hall

| Day of the week | Time | Group | Name of meeting | Location |
|-----------------|----------|------------|--|-----------------------|
| Sunday | 6:00 PM | NA | Back to Basics Group | Wallace Auditorium |
| | 7:00 PM | AA | Steps & Slogans Study Group | 2nd Floor, Room 215 |
| Monday | 6:00 PM | Women's NA | Women in Recovery Group | 2nd Floor, Room 215 |
| | 7:30 PM | CA | Honesty Before Death | Wallace Auditorium |
| Tuesday | 8:00 PM | AA | Two's Enough Big Book | Wallace Auditorium |
| Wednesday | 6:00 PM | Women's NA | Women in Recovery Group | 2nd Floor, Room 215 |
| | 7:00 PM | AA | Sobriety First Group | Wallace Auditorium |
| Thursday | 8:00 PM | AA | Columbus Beginners Group | Wallace Auditorium |
| Friday | 6:00 PM | NA | Recovery Begins with Me Group | Lecture Room |
| | 8:00 PM | CA | H.O.P.E. | Lecture Room |
| Saturday | 11:00 AM | AA | Talbot Early Recovery Group | Lecture Room |
| | 12:00 PM | NAMI | National Alliance on Mental Illness (NAMI) Meeting | 2nd Floor, Room 218-A |
| | 7:30 PM | NA | Freedom through Fellowship Group | Wallace Auditorium |

The Twelve Steps and Promises of AA

Steps

1. We admitted we were powerless over alcohol (and drugs) and that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

Promises

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word “serenity”.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Community Recovery Resources

Organizations

These organizations provide support through phones/helplines/hotlines, meetings and website resources:

- **Central Ohio Group Fellowship of Alcoholics Anonymous**
651 West Broad Street
Columbus, OH 43215
Phone: 614-253-8501
Fax: 614-253-5554
<http://aacentralohio.org>
Hours: Monday through Friday 9:00 AM to 6:00 PM; Saturdays 9:00 AM to 3:00 PM; Sundays closed
- **Central Ohio Area of Narcotics Anonymous**
1313 East Broad Street
Columbus, OH 43205
Phone: 614-252-1700
www.nacentralohio.org
- **Marijuana Anonymous World Services**
Phone: 1-800-766-6779
www.marijuana-anonymous.org
- **Cocaine Anonymous of Ohio**
Phone: 614-251-1122
www.caohio.org
- **Crisis Lines**
24 Hour Line: 1-800-273-TALK (8255)
Netcare Access Franklin County:
614-276-CARE (2273)
Texting Hotline: Text "4HOPE" to 741-741 (no charge for data for Verizon, T-Mobile, AT&T or Sprint users).

Online meetings

Online meetings cannot replace face to face interaction, but they can be a strong addition to a recovery program. Most are free, but some have a registration fee. These are some of the many forums in which meetings can be found:

- Cocaine Anonymous Online
www.ca-online.org
- Online Intergroup
www.aa-intergroup.org
- **AAonline.net**
- Miracles in Progress 12 Step Recovery Forums
<http://12stepforums.net>
- **Soberface.com** on Facebook
- The e-AA Group
<http://e-aa.org>

Mobile apps

There are many recovery apps available for tablets and smartphones. They range from meeting finders and daily inspirations to Big Book study guides and e-journals. Some have small costs, but many are free. They are available to download from your device's app store, such as iTunes or Google Play.

Strategies to Prevent Relapse

No matter how committed you are to being sober for life, there is a chance you will relapse at some point. Knowing some of the red flags can help you avoid this. Know your triggers, and have a plan to get yourself back on track if it does happen.

Relapse warning signs

These are common signs you are at risk for relapse. Re-read these now and then and check off any that you are having:

- I start doubting my ability to stay sober.
- I deny my fears.
- I convince myself “I’ll never drink/use again.”
- I decide being abstinent is all I need.
- I try to force sobriety upon others.
- I become overconfident about my recovery.
- I avoid talking about my problems.
- I avoid my sponsor, or say to myself “yeah, but . . .” to what they say.
- I overreact to stressful situations.
- I start isolating.
- I am preoccupied with one area of my life.
- I start feeling depressed.
- I start unrealistic or haphazard planning.
- I find my life plans begin to fail.
- I start daydreaming and wishful thinking.
- I see my problems as unsolvable.
- I avoid having fun.
- I overanalyze myself.
- I become irritated with friends and family.
- I experience periods of confusion.
- I am easily angered.
- I begin blaming others.
- I over eat or under eat.
- I sleep too much or not enough.
- I progressively lose my daily routine.
- I experience periods of anxiety.
- I develop an “I don’t care” attitude.
- I hoard money.
- I have reckless or unsafe sex.
- I openly reject help.
- I rationalize that drinking/using can’t make my life worse than it is now.
- I feel powerless, helpless, and hopeless.
- I feel sorry for myself.
- I have fantasies about social drinking/using.
- I begin to lie on purpose.
- I use more over the counter medicines.
- I completely lose confidence in myself.
- I develop unreasonable resentments.
- I stop going to 12-Step meetings.
- I am overwhelmed with loneliness, frustration, anger, or tension.
- I visit drinking/using “friends” and places.
- I convince myself I’m cured.
- I make or go through a major life change.
- I start drinking/using something that is not my drug/drink of choice.
- I practice “controlled” drinking/using.
- I lose control.

My plan for relapse

Briefly list situations that you sometimes or always use when you are in them.
Circle if it is sometimes or always for that situation.

I sometimes / always use when _____
_____.

I sometimes / always use when _____
_____.

I sometimes / always use when _____
_____.

I sometimes / always use when _____
_____.

Describe your most intense feelings that may cause a relapse and how you will deal with them sober.

Feeling: _____

New way to deal: _____

Feeling: _____

New way to deal: _____

Feeling: _____

New way to deal: _____

How do you feel when a craving starts?

List 5 things you'll do when you realize you are in relapse mode.

1. _____
2. _____
3. _____
4. _____
5. _____

If you were to relapse, what would your plan be to get back on track?

What will happen if you relapse? Be specific. Think about things like work issues, relationship problems, or legal trouble.

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

25 Top Triggers

List 25 separate people, places, feelings, or other things that may trigger you to use. You can use first names or initials for people. Only you need to know who they are.

- | | |
|-----|-----|
| 1. | 16. |
| 2. | 17. |
| 3. | 18. |
| 4. | 19. |
| 5. | 20. |
| 6. | 21. |
| 7. | 22. |
| 8. | 23. |
| 9. | 24. |
| 10. | 25. |
| 11. | |
| 12. | |
| 13. | |
| 14. | |
| 15. | |

Rate Your Triggers

- Put an X on the number for the triggers you can always avoid or get rid of.
- Circle the number for the triggers you can mostly avoid.
- Put a square around the number for the triggers you can't avoid or change.

Pick your 5 toughest triggers or situations that you can't avoid or change. Come up with a plan to deal with them.

Trigger _____

Plan _____

Trigger _____

Plan _____

Trigger _____

Plan _____

Trigger _____

Plan _____

Trigger _____

Plan _____

Quick Stress Busters

Here are some ideas for some quick stress relief that you can do in 5 minutes or less. Check the ones that may work for you:

- Talk to a positive person in your life
- Play a hand of Solitaire
- Pat or play with your pet
- Look for 10 words in a word search
- Sing and dance to an upbeat song
- Watch a funny “you tube” video
- Close your eyes and imagine the sights and sounds of a favorite vacation spot
- Learn a clean joke and tell it to someone
- Create a positive mantra and repeat it to yourself over and over
- Walk up and down the stairs
- Write down things you are grateful for
- Count backward from 100
- Write a list of 20 things you love, not including people
- Do some stretches
- Send someone a nice hand written note
- Go outside and breathe some fresh air
- Shoot some basketballs
- Look up something online you are curious about
- Read some positive affirmations
- Write in your journal
- Give yourself a hand massage
- Use some soothing scents
- Do something nice for someone
- Organize one small area or thing
- Find a space to be alone
- Plant a pot of flowers or pull weeds

- Call a friend to plan something fun to do
- Recite the serenity prayer
- Drink a cup of tea
- Have a piece of dark chocolate
- Run in place
- Draw a doodle
- Give or receive a hug
- Wrap yourself in a warm blanket
- Smell a rose
- Recall a past success
- Jump rope
- Pray
- Write yourself a positive message
- Listen to nature sounds
- Squeeze a stress ball

Add some of your own ideas you can use:

Who can you call for support:

Daily Gratitude

10 Days of Finding Joy and Celebration

It is easier to be grateful in times of joy and celebration. When we are in a stressful situation or crisis, there is often little thought of gratitude.

Take a moment to appreciate the things that you take for granted, that inspire you, and give you hope for the future.

Every day, write down 4 things that you are grateful for. Make this a new habit and a part of your daily recovery plan.

What I am grateful for

Day 1: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 2: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 3: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 4: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 5: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 6: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 7: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 8: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 9: Date: _____

1. _____

2. _____

3. _____

4. _____

Day 10: Date: _____

1. _____

2. _____

3. _____

4. _____

Recovery Exercises

These questions are designed to help you make plans for your recovery. Carefully thinking through how you answer will give you your best chance of success. Make your plan doable for you and don't set goals that are beyond your reach. Talking to a counselor about it will help you to think it through and add the steps needed to make it happen.

My best answers to these questions

Which of your friends need to know that you cannot drink or use drugs any longer?
First names or initials are fine. Only you need to know who they are.

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Decide ahead of time how to explain your addiction to others in ways that they will understand. What will you say to each of the people you listed?

Some relationships may need to be ended. Which people do you need to end relationships with? How and when will you do this?

What relationships do you have or can start right now can be positive in your sobriety? Describe how they are positive.

What characteristics are you looking for in new friends? List as many as you can think of.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

Many of us have quit using in the past. List examples of your own quit attempts. Add details like your age at the time, type of drug, reasons for quitting, how long it lasted, why you started using again and how you felt when you relapsed.

What are the sober activities you plan to do? List as many as you can.

List ways you will act differently in your recovery for the areas below.

For example, if you always lie to your significant other about your use, what will be different about your honesty in your recovery?

- Honesty: _____
- Attitude: _____
- Anger: _____
- Denial: _____
- Relationships: _____
- Spirituality: _____
- Manipulation of others: _____

Write “I will...” statements for how you will change your interactions with family.

Communication: _____

Time spent in family activities: _____

Involving family in your recovery: _____

How will you take care of yourself physically? List at least 1 step you will take.

- Eating habits: _____
- Sleeping: _____
- Exercise: _____
- Dealing with medical problems: _____

If you have any legal issues going on right now, outline your plan of how you will start to deal with this.

Your success in recovery is up to you each day, but there are many people who can help and provide support. Create a list of these people and what they can do for you.

Person:

How they help can me:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

List the ways your life will change socially.

- Free time: _____
- Being with friends: _____
- Celebrating: _____
- Relaxing: _____
- Feeling bored or lonely: _____
- Other ways: _____

List the ways your life will change spiritually.

- Have you chosen to have a higher power? _____
 - If yes, how will this help you stay sober? _____
- _____
- How else can you grow in a spiritual way, whatever that means to you?
- _____
- _____
- _____

Addicts usually use drugs or alcohol to deal with or mask their feelings. How do you plan to manage your emotions in recovery? List one thing you can do in the moment to deal with this feeling.

- Anger: _____
- Resentment: _____
- Guilt: _____
- Worry: _____
- Frustration: _____
- Sadness: _____
- Stress: _____
- Anxiety: _____
- Excitement: _____
- Shy or self conscious: _____

If you have a job, how will things at your job change?

- How will you talk to your supervisor about this or is there anything you need to say to him/her?

- How will you act differently with your co-workers?

- How will you explain your recovery to them?

- How will your work routine change?

- How could you use your break time?



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