

Recovery Safety Plan

Whether you come into the program in recovery or begin that journey while you are here, we recognize that you have worked very hard and want to hold on to what you have achieved. The staff at our program works hard to create an environment that is safe for everyone. However, we know that there may be challenges to your sobriety.

With that in mind, we want to help you create a safety plan for these and other challenges you may face while you are in our program. Your recovery is important to us and we know how important it is for you!

It is helpful to remember the reasons you wanted to be in recovery from substance dependence. Write down the top three reasons you wanted to get sober:

1.

2.

3.

What are the most positive things that have happened since you began your recovery?

Write down three (3) challenges to your recovery you have faced and how you got through them.

Challenge

How I Got
Through It

Challenge

How I Got
Through It

Challenge

How I Got
Through It

Read this page daily. Reflect on the reasons recovery is important to you, the positive things that have happened and the fact that you face challenges all the time and get through them!

While you are staying in the program, you may find that other people in the program are still using. You may see them under the influence of alcohol or other drugs, or you may see them actively using. We realize that these are triggers for people in recovery and can lead to uncomfortable thoughts or feelings. Here is an acronym that might help you if you are experiencing challenges to your sobriety:

Be your own advocate

Encourage others by telling your recovery story

Watch for signs that you're in trouble

Always ask for help

Remind yourself why your recovery is a priority

Engage with other sober people in the program

Be your own advocate

No one is going to advocate for your recovery more than you! Be loud and proud about your sobriety and make it clear to everyone around you that you are sober and intend to keep it that way.

Encourage others by telling your recovery story

Telling people why you are in recovery and why it is important to you is both a way to reaffirm it for yourself and you may just help someone else who is struggling in the process.



Be a mentor or sponsor to someone who may be thinking about sobriety or who is new to sobriety.

Watch for signs that you're in trouble

Be observant. If you believe that there are people or situations in the program that may be difficult for you, do your best to avoid them.

Always ask for help

- Get to know the staff
- Find safe places in the program to go if you need to distance yourself from someone
- Write down the days, times and locations of local support group meetings. If there are meetings in the program, make sure you take note of that as well.
- Write down how you can get transportation to the meetings quickly if you need it.
- Have names and numbers of your support people with you at all times
- This safety plan will help you identify all of these things

Remind yourself why your recovery is a priority

Refer to the first page of this plan or keep a list on you that you can access quickly.

Engage with other sober people in the program

If you know of other people who are also in recovery (or who do not use alcohol or other drugs), talk with them.



Start your own meeting in the program to talk about some of the difficult things you are facing and how you can help each other.

Part of the recovery process is managing triggers and cravings. No matter where you are, you are likely going to face situations that will cause the thoughts and desire to use to become overwhelming. Remember: you have likely faced this and gotten through it many times already. Triggers and cravings are temporary and will pass if you use your coping skills.

People, Places and Things

Who are the **people** you can reach out to when you are feeling triggered or having cravings?

1.

2.

3.

4.

Write down how talking to these people has helped you in the past.

What are the **places** that are safe for you and your recovery? (include family, friends, coffee shops, etc.)

1.

2.

3.

4.

If you go to support group meetings (like AA, NA, or SMART Recovery), write down three meetings that are close to where you are.

Name of meeting

Location of Meeting

Day of the Week

Time of the Meeting

☐ AM

☐ PM

Name of meeting

Location of Meeting

Day of the Week

Time of the Meeting

☐ AM

☐ PM

Name of meeting

Location of Meeting

Day of the Week

Time of the Meeting

☐ AM

☐ PM

If you do not drive or have access to a vehicle, what are some other options for **transportation**?

☐

Bus or public transportation.

☐

Uber or a taxi service.

☐

A friend you have made in the program.

☐

Transportation that is offered by the program.

☐

Support people or your sponsor.

☐

Transportation offered by your treatment facility.

List some other options available to you:

If you don't know of any meeting times/locations, here are some online resources where you can find them:

- [Alcoholics Anonymous](https://www.aa.org) - Meeting locator and virtual meetings (https://www.aa.org).
- [Narcotics Anonymous](https://www.na.org) - Meeting locator and virtual meetings (https://www.na.org).
- [SMART Recovery](https://www.smartrecovery.org) - Meeting locator, community chat, information about what SMART Recovery is and how it is different from 12-step meetings (https://www.smartrecovery.org).
- [Substance Abuse Mental Health Services Administration](https://www.samhsa.gov) - National helpline and treatment services locator (https://www.samhsa.gov).

Local Crisis
Line Number

Write down the information for your local treatment program.

Name of Facility

Address

Phone Number

What are some **things** you can do to stay focused on your sobriety? Put a check mark next to some things that distract you from thinking about using.

☐ Listen to music.

☐ Read a book or magazine.

☐ Take a walk.

☐ Engage in a hobby.

☐ Exercise/go to gym.

☐ Plan something (trip, get together, etc.).


☐ Listen to a podcast.

☐ Play a game.

☐ Write or journal.

☐ Put a puzzle together.

What are some other things you can think of that can help distract you?

 *What is a topic you have always wanted to learn about? Go online and a “deep dive” for information!*

If You Return Home

The decision to return to your home and partner can be very difficult. We realize that for many reasons, this may feel like the best option for you. It may also be the case that returning to your home and partner may mean that your recovery could be at risk.

What are some possible risks to your recovery in your home environment?



- Think about places you may have hidden drugs, pipes, rigs, bottles, etc.
- Think about rooms that you would typically use in.
- Think about some of the stressful things about your home environment (i.e. being alone, taking care of children by yourself, no transportation, etc.).
- Being triggered by memories of using at home in the past.

What are some other risks you can think of?

You may have been in a situation with your partner where you could not control whether alcohol or drugs were in your home or if you used them. Did your partner ever:

- Force you to use or threaten you if you didn't?
- Bring alcohol or drugs into the home when you didn't want them to?
- Force you to “help” them use? i.e. asked you to inject them or prepare the drug for use?
- Force you buy drugs/alcohol for them?
- Force you to engage in risky or illegal behaviors to get money or drugs?

What other things has your partner done that may put your recovery at risk?

Remember!

If you believe that using alcohol or drugs will be safer than the consequences you may face from your partner if you don't, it's ok. You have not failed. You are thinking of your safety and that is the most important thing.

If you want to stay engaged with recovery:

- Continue to reach out to support people.
- Attend virtual meetings if you can't get to in-person meetings.
- Download recovery apps to your phone.
- Give yourself credit. Even if you aren't safe to engage in recovery the way you may want to, you are doing the best you can in a very difficult situation.

What are some other safe ways you can stay engaged with recovery?

You may be able to come up with some ways to stall or avoid using even if your partner is putting pressure on you.

Safety Note!

These examples may not be safe for you. You decide whether you think something will work in your situation. These are given to get you thinking about some strategies that fit for you.

Some examples could be:

- "Pretending" to use or faking use.
- Asking a sober friend to call as a distraction.
- Telling your partner that your probation officer, children's services case worker, etc. is going to drug screen you.
- Telling your partner that you have to drive to an appointment or take your kids or a friend or family member somewhere and you have to stay sober.
- Make plans to be out of the house as much as you can during the times when you or your partner are most likely to use.

What are some SAFE strategies you can think of that may allow you to avoid using or bide you some time to get some help?

We hope that this Recovery Safety Plan has been helpful for you to continue your journey in recovery.

*“You learn from the part of
the story you focus on.”*
- Hannah Gadsby