

~ My Notes ~

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NYC Health + Hospitals  
Office of Behavioral Health



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# Guide to Keeping Healthy after the Hospital



Includes a Portable Health Plan



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## ~ Introduction ~

### Congratulations for choosing the road to recovery!

For years, physical health has been treated apart from mental health and substance use issues. Now we know that our overall well-being depends on how we feel in our mind, body and spirit. Just as important is how we function in the world -- like having a job, or other things that we find meaningful. Let's not forget, too, how important it is to have people in our lives that we love and who love us.



Coping with what life dishes out is at times difficult. We might think that using alcohol, over-the-counter and street drugs as well as misusing prescription drugs will make us feel better. Experience shows us that this doesn't work. Or, people may not want to take their prescribed medication, and this may not help their functioning and recovery either.

It is not unusual to want help from others to make goals that lead to better choices and better health. And, when we make choices for ourselves, we feel more like working on our goals and sticking to a plan. The more we know about who we are and about mental health, physical health, substance use and the process of recovery, the more likely we are to make decisions that work for us.

## Before You Begin

This guide is meant to give some useful steps that will help you feel more like you can better manage your overall health. It will help you explore reasons to change, or not. It will help you learn about things that might trigger unwanted behaviors and give you tips on how to make changes that you want. This guide will also help you make some goals for the future using your supports and strengths.

Before you begin working on your *Guide to Keeping Healthy After the Hospital*, take a minute to answer the questions on the next three pages. It will be helpful to know about *why you are here in the psych or detox unit now*. Then, *how you can safely leave*. And, most importantly, *how you can stay healthy after you leave*.

Later on you will be asked the same questions. It will be fun to compare your answers with the first ones you gave. You'll see if they changed, based on your stay here.



The journey of a thousand miles starts  
with a single step.

-Lao-tzu,  
(Chinese Philosopher)

## Acknowledgements

### This booklet reflects, among others:

William Miller, Ph.D. and Steve Rollnick, Ph.D.  
and their work in motivational interviewing.



James Prochaska and Carlos DiClemente  
and their work in the transtheoretical model of change.



William Anthony for his work in psychiatric rehabilitation.



Mary Ellen Copeland and her work  
in regard to the Wellness Recovery Action Plan™



The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services for the evidence-based practices of "Illness Management and Recovery" and "Co-Occurring Disorders: Integrating Dual Disorders Treatment."



*Special thanks to the NYC Health + Hospitals  
Peer Counselors, Psychiatric Nursing Leadership and to the  
Substance Use Disorder Treatment Leadership and Staff.*

*They provide person-centered care  
and help to heal the mind, body and soul.*

## Get it from the Internet

**The University of Illinois at Chicago (UIC) National Research and Training Center** offers free tools to help you in your recovery.

- **This is Your Life! Creating a Self-Directed Life Plan**  
This workbook will help you think about, plan for, and act on a life goal, with the supports that you choose.  
<http://www.cmhsrp.uic.edu/download/sdlifeplan.pdf>
- **Seeking Supported Employment: What You Need to Know**  
This workbook will help you choose the employment program that's right for you.  
<http://www.cmhsrp.uic.edu/download/seekingemployment.pdf>
- **Raising Difficult Issues with Your Service Provider**  
This guide will help as a "conversation starter" with your mental health service provider, especially when talking about things such as intimate relationships, sexual freedom, and medications.  
<http://www.cmhsrp.uic.edu/download/raisingissues.pdf>
- **Express Yourself! Assessing Self-Determination in Your Life**  
This tool will help to pinpoint life areas where you'd like to have more control and decision-making power.  
<http://www.cmhsrp.uic.edu/download/sd-self-assessment.pdf>

**The Institute for Wellness and Recovery** developed a tool to help people think about the **8 dimensions of wellness**. <http://welltacc.org/wellness/113-wellness/301-8-wellness-dimensions-booklet.html>

**Pat Deegan's Personal Wellness**: <http://transformation-center.org/resources/wellness/PersonalMedicineWorksheet.pdf>

**Faces and Voices of Recovery Guide to Mutual Aid Resources**  
[www.facesandvoicesofrecovery.org/resources/support/index](http://www.facesandvoicesofrecovery.org/resources/support/index)

## Background Information (Part 1)

### Why am I here in the hospital now?

Use the sample question and answer below to help you write your own answers about being in the hospital. Also, you can write some of the reasons why you think you are here now.

#### Sample Question:

What were some of the things that made me need the hospital now?

#### Sample Answer:

*"I got a cold, stayed home and became depressed. Then I stopped taking my meds, pushed away my friends, and ended up feeling alone and lonely." "I started to hang out with the old crowd and began using again. Next thing I knew, I was acting out of control and was brought to the hospital by the police."*

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## Current Information (Part 1)

### When will I be ready to leave?

Use the sample question and answer below to help you write your own answer about what may help you to leave the hospital.

#### Sample Question:

What is going on in the hospital that is helping me feel stronger and ready to leave?

#### Sample Answer:

*"I am working with my team and talking more to my doctor." "I am waking up, taking a shower and going to groups." "I told my doctor that I would like to work on a discharge plan." "I want to have the peer counselor in on the meeting."*

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## National Resources

### Domestic Violence

National Domestic Violence/Child Abuse/Sexual Abuse:  
(800) 799-SAFE (7233); Spanish (800) 942-6908

### Education

U.S Department of Education: (800) USA-LEARN (872-5327)

### Employment Program

Association for Persons in Supported Employment (APSE):  
(301) 279-0060

Career One Stop: (877) US2-JOBS (872-5627)

United States Department of Labor, Office of Disability:  
(866) 487-2365

### Recreation

National Recreation and Park Association:  
(800) 626-NRPA (6772)

### Mutual Aid/Recovery Support

National Alliance on Mental Illness (NAMI) Helpline:  
(800) 950-NAMI (6264)

Substance Abuse and Mental Health Services Administration:  
(877) SAMHSA-7 (726-4727)

Narcotics Anonymous NA World Service: (818) 773-9999

Alcoholics Anonymous AA World Service: (212) 870-3400

## National Resources

### Food

National Hunger Hotline:  
(866) 3-HUNGRY (348-6479) (877) 8-HAMBRE (842-6273)

### Shelter

National Coalition for the Homeless: (202) 462-4822  
Red Cross: (800) RED-CROSS (733-2767)

### Mental Health Emergency

National Suicide Prevention Lifeline / Veteran's Crisis Line:  
(800) 273-TALK (8255) - (877) SUICIDA (784-2432) Spanish

### Physical Health

The CDC (Center for Disease Control) National Prevention Information Network - (HIV, AIDS, STD, TB, and Viral Hepatitis): (800) 232-4636

American Diabetes Association: (800) Diabetes (342-2383)

National Prescription Assistance: (800) 944-1663

### Disability/Retirement

Social Security Administration:  
(800) 772-1213  
<http://www.ssa.gov>

## Future Information (Part 1)

### How can I stay out of the hospital?

Use the sample question and answer below to help you make a plan to stay out of the hospital. Include ways that will keep you healthy while in the community.

#### Sample Question:

What can I do to keep myself healthy when I get out of the hospital?

#### Sample Answer:

*"I can get a check-up and talk to my doctor about how I'm feeling." "I can eat right, get rest, and make new, supportive friends." "I can go to mutual aid/self-help groups to support me with my sobriety."*

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# Thoughts & Facts

## Recovery

### HHC Consumer Comments:

"Recovery means taking steps day by day to improve my mind, body and spirit."

"Recovery can be a long process. But I finally realize that I can make it."

"Recovery means getting stable on meds and having supports. It also means working towards being on my own."

## Work

"Skills and supports, not symptoms, predict vocational success." *(William Anthony, Ph.D.)*



## Meds

"Medications do not cure mental illness. But, in many cases, they can help a person function. Not taking medication as prescribed could be a reason for people being hospitalized." *(National Institute of Mental Health)*



## Mental Health

People with mental illness are dying 25 years earlier than others. Some reasons are due to smoking, weighing too much, and misusing drugs and alcohol. Not having enough health care is another reason. *(National Association of State Mental Health Program Directors)*

**Substance Use** The impact of addiction can be far reaching. Heart disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Deaths related to substance abuse are on the rise, nearly doubling from 1980 to 2009. *(National Institute on Drug Abuse—NIDA)*



# Some Helpful Numbers

## Job & Education Resources

**G.E.D.**—General Equivalency Diploma Program  
Call 311 and ask for a GED class or Adult Basic Education (ABE) class in your neighborhood.



**Free Education & Training:**  
Workforce 1 Career Centers—Call 311

Mid-Manhattan Library: (212) 340-0863

Howie T. Harp **Peer Advocacy and Training Center:** (212) 865-0775

Mental Health Association—Fast Track to **Employment:**  
(212) 964-5253

ACCES V.R.—Adult Career and Continuing Education Services—  
Vocational Rehabilitation (formerly known as **VESID**):  
(518) 474-1711 or (800) 222-JOBS (5627)

SUS—Services for the Underserved: (347) 505-0160

The Resource Training Center, Inc.  
**CASAC and Recovery and Life Coaching Academy**  
(718) 871-7433 / (212) 645-0218

Center for Behavioral Health Services  
Assisted Competitive **Employment Program:** (718) 210-3800

Academy of Peer Services (**Peer Support Provider** on-line  
certification courses): (518) 426-0945  
<http://www.academyofpeerservices.org>

net**WORK**plus: (718) 797-2509



## Some Helpful Numbers

### Physical Health

Medical, Dental, Vision **Clinics** in NYC—Call 311

**AIDS** Service Center: (212) 645-0875

American **Diabetes** Association—Support Groups:  
(800) 342-2383

Department of Veterans Affairs  
**VA** New York Harbor Healthcare System:  
(212) 686-7500

Partnership for **Prescription** Assistance: (888) 477-2669

Free Coaching and Support to **Quit Smoking**:  
(866) 697-8487

NYS Smokers Quit Line: (800) QUITNOW (784-8669)

NYC **Smoking** Cessation Programs—Call 311

NYC Parks & Recreation—**How to Keep Healthy While Having Fun**—Call 311—ask for free “BeFit” activities

**Health Information Tool for Empowerment (HITE): An on-line directory that will connect you to free and low cost resources...**  
[www.hitesite.org](http://www.hitesite.org)

## Some Useful Terms

**Ambivalence:** Feeling two ways about something - both positive and negative. This is normal when faced with change.

**Consumer:** A person who receives mental health services.

**Empowerment:** Having the chance to, the means to, and the power to make things happen. It's learning about choices. It is also about making decisions about one's own life.

**Hope:** A message that inspires and helps people feel that they can overcome the problems they face.

**Person Centered:** Services that respect a person's wishes. They also reflect a person's needs, their past, and their culture.

**Peer:** Someone who shares their similar history in regard to their mental health.

**Recovery:** When a person is living their life focused on health. They are also striving for satisfaction and a sense of well-being.

**Stage of Change:** People move through different stages as they change their behaviors. They can move from being not ready, to being ready. And then they take action to keep the changes they made.

**Wellness:** To learn about and make choices that will lead to a healthy and happy life.

# Stages of Change

Did you know that most people go through a lot of thoughts and feelings when they change any kind of behavior? Think of the last time you tried to change something in your life. Have you ever tried to lose weight or stop smoking?



Here are some of the stages that we all go through when we decide to change something:



**Pre-Contemplation** (or known as denial). This is when a person just doesn't think there is a problem. And, the person has no plan to change—they're not ready to.

**Contemplation.** This is when a person realizes that something they are doing is causing problems. In fact, the person wants to do something about that problem. So, they commit to doing something about it within the **next 6 months**.

**Preparation.** This is when a person makes a real plan and steps towards making a change. The plan is for the **next month**.



**Action.** This is when a person takes action to change. Even though they may not be stable or have totally changed they are actively making some important changes.



**Maintenance.** This is when a person has reached their goal (like quitting smoking, exercising more, taking meds every day, etc.). The person is also working to make sure that their goal becomes part of their life.

**Relapse (or Reoccurrence).** This is when there may be a return of symptoms and problem behaviors. This doesn't always happen.

# Some Helpful Numbers

## Advocacy

NY Association for **Psychiatric Rehabilitation** Services, Inc.  
(**NYAPRS**): (518) 436-0008

NYS **Justice Center** for the Protection of People with **Special Needs**:  
(800) 624-4143

NYC Mayor's Office for People with **Disabilities**: (212) 788-2830

NYS Office of **Mental Health** (OMH): (800) 597-8481

NYS Office of **Alcoholism and Substance Abuse** Services (OASAS):  
(800) 553-5790

Urban Justice Center (**General**): (646) 602-5600  
(**Mental Health Issues**): (877) 647-5291

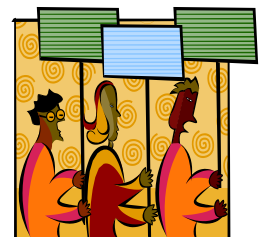
MFY **Legal** Services: (212) 417-3700

Department of **Homeless** Services Office of Client Advocacy:  
(800) 994-6494 or call 311

Gay Men's Health Crisis: (800) 243-7692

National Alliance for Medication Assisted Recovery (**NAMA**):  
(212) 595-6262

Baltic Street AEH, Inc. (Advocacy, Employment and Housing):  
(718) 833-5929



## Some Helpful Numbers

### Peer Support

NYC Department of Health & Mental Hygiene  
Office of Consumer Affairs:  
(347) 396-7194

**LIFENET:** (800) 543-3638

Access to Recovery-Brooklyn Community Recovery Center:  
(347) 382-9995

OASAS 24-Hour HOPEline: (877) 846-7369

Community Access Peer-Operated Support Line:  
(646) 741-HOPE (4673) - 4pm—midnight

Fountain House: (212) 582-0340

National Empowerment Center: (800) 769-3728  
<http://www.power2u.org>

### Emergencies

For Life Threatening Situations—Call **911**

**LIFENET:** (800) 543-3638

Samaritans **Suicide** Prevention Hotline: (212) 673-3000

If you are *not ready to change something in your life*, how about getting some facts? Ask questions about health, mental health, and substance use. A little education can go a long way! Or, ask a friend or family member what they think about what is going on with you right now. If you keep an open mind and let them be honest, you might learn something about yourself that you did not know before.

If you are thinking that you would *like to change* something in your life, look to others who may tell you how they changed. Books and movies can give you tips too. This is a good time to build your confidence. Surround yourself with positive people who support you. Connect with a peer who's been through the same experience. They can cheer you on.

If you know that a month from now you *want to be doing something to help yourself change*, it may be a good time to get a plan in place. Figure out where you are going and who will be around you. It is also good to plan for how you will deal with urges or feelings that are difficult.

Once you are *ready to take action*, go for it! Feel confident, say positive things to yourself. These words will bring you strength. Celebrate your success. And, tell others how you're doing.

It takes about a year to *master your change*. Then you need to watch for any signs of relapse or return of symptoms. You need to stay with people who support your positive lifestyle changes.

You may *begin to have symptoms of your mental or physical illness or begin using substances again*. This does not mean that you have to start all over. In fact, you might just go back to the "Action Stage." You can start your personal plan again. A reoccurrence is not always part of the change picture, but it happens. Now you know you can return to the recovery cycle.

## What the Stages Sound Like

### Pre- Contemplation

"I don't know why everyone is making such a big deal about me being irritable. I don't lash out at people often. I think they are the ones with the problem."

"I've given up hope and don't even want to talk about how things can be better anymore."

### Contemplation

"I'm starting to think that smoking is making my asthma worse."

"I guess without meds I do things I wish I didn't."

### Preparation

"I've made an appointment with my Doctor. I want her to give me the patch to help me stop smoking."

"I called The Howie the Harp Center to see if I could get some peer support."

## Some Helpful Numbers

### Mutual Aid/Recovery Support Groups

NAMI Helpline: (800) 950-6264

Alcoholics Anonymous (AA)  
Inter-Group: (212) 647-1680

Narcotics Anonymous (NA)  
Regional Helpline: (212) 929-6262

Overeaters Anonymous Groups (OA): (347) 433-5876

Recovery, International—Abraham Low Self Help Systems:  
(866) 221-0302

Depression and Bipolar Support Alliance (DBSA):  
(800) 826-3632

Mood Disorders Support Group: (212) 533-6374

Hearing Voices Support: (212) 780-1400 x7728



## Some Helpful Numbers

The National Alliance on Mental Illness (NAMI) has an on-line directory called the NYC Network of Care. This service gives information on different kinds of resources, education, groups, events, and news topics. To access, go to [www.newyorkcity.ny.networkofcare.org](http://www.newyorkcity.ny.networkofcare.org)

## Community Resources

Human Resources Info Line for **Medicaid, Food Stamps and Other Hotlines:** (718) 557-1399

**Food Bank for New York City:** (212) 566-7855

**NYC Emergency Food Line:** (866) 888-8777

24 Hour Mobile Street Outreach & Emergency **Shelter** Hotline: 311

**Domestic Violence** (Safe Horizon) Hotline: (800) 621-4673

Harm Reduction Coalition: (212) 213-6376



## What the Stages Sound Like

### Action

"I started Weight Watchers. I also check in with my doctor once a month. I want to see if my Body Mass Index (BMI) is getting better."

"I go to AA every day. I even got a sponsor who understands why I need to take my meds."

### Maintenance

"I feel better being on my meds. My family invites me to dinner more often. I enjoy having them in my life again."

"I've been exercising and I've been eating more fruits and vegetables. I feel I have a lot more energy. Who knew?!"

### Relapse

"I spent the weekend eating a lot of sugar. Now my glucose level is way off."

"I thought I could stop my meds without any problems. But then I got sick and maxed-out my credit cards. I've learned something of value. I really want to continue my journey of recovery."

# Recovery Pros and Cons

## Mental Health

No Change	Change
<p><b>Costs of Not Changing</b></p> <p>What <u>negative</u> things might happen if I <u>stay the same</u> regarding my mental health? (Like, "I won't reach my goal to finish school.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Costs of Changing</b></p> <p>What <u>negative</u> things might happen if I <u>do change</u> regarding my mental health? (Like, "I might feel too much pressure to succeed.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Benefits of Not Changing</b></p> <p>What are the <u>positives</u> about <u>staying the same</u> regarding my mental health? (Like, "I won't gain weight if I don't take my meds.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Benefits of Changing</b></p> <p>What are the <u>positives</u> about <u>changing</u> regarding my mental health? (Like, "I might enjoy my friends more.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

# My Alcohol & Substance Use Concerns

List your goals that you want to work on first in regard to your **alcohol and substance use**. Like: attend a support group such as AA/NA/MA, learn your personal triggers, get to know your strengths and supports:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

List those things that will help you with your **alcohol and substance use** (like, counselors, medications, friends):

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## My Alcohol & Substance Use Concerns

Make a list of all the doctors and/or programs that you need to call or see after the hospital in regard to your substance use.

Name of Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Name of Program: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Name of Counselor/Therapist: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

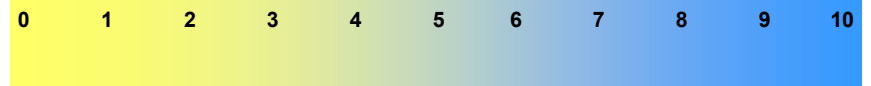
Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

## Recovery Pros and Cons

*Are you prepared to change your approach to your **mental health**? Are you already changing, or are you somewhere in the middle? Circle where you think you are:*



Not Prepared  
to Change

Already  
Changed

*Think of where you are right now in regard to your mental health. Write down a couple of things that you could do to make you motivated to change and move up the scale more toward "10."*

### Sample Answers:

*"Ask my doctor about the side effects of my meds." "Learn more about some good training programs." "Ask my family what they like about me."*

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# Recovery Pros and Cons

## Physical Health

No Change	Change
<p><b>Costs of Not Changing</b></p> <p>What <u>negative</u> things might happen if I <u>stay the same</u> regarding my health? (Like, "I could get very sick and end up needing nursing care.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Costs of Changing</b></p> <p>What <u>negative</u> things might happen if I <u>do change</u> regarding my health? (Like, "I would stop getting my SSI checks.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Benefits of Not Changing</b></p> <p>What are the <u>positives</u> about <u>staying the same</u> regarding my health? (Like, "I won't have to give up foods I love.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Benefits of Changing</b></p> <p>What are the <u>positives</u> about <u>changing</u> regarding my health? (Like, "If I lose weight, I'll look and will feel better.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

# My Mental Health Concerns

List your **goals** that you want to work on first to get and keep **mentally healthy**. Like: learn more about medication, get enough sleep, get together with friends:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

List meds for your **mental health** conditions:

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# My Mental Health Concerns

Make a list of all the doctors that you need to call or see after the hospital for your mental health:

Name of Therapist/Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Name of Therapist/Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Name of Therapist/Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

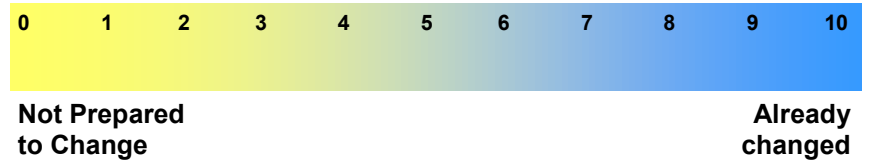
Reason: \_\_\_\_\_

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# Recovery Pros and Cons

*Are you prepared to change your approach to your **physical health**? Are you already changing, or are you somewhere in the middle? Circle where you think you are:*



*Think of where you are right now in regard to your physical health. Write down a couple of things that you could do to make you motivated to change and move up the scale more toward "10."*

## Sample Answers:

*"Ask my doctor or counselor more questions about how he/she can help me if I do decide to quit smoking." "Make sure my medical doctor takes my insurance and is near where I live."*

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# Recovery Pros and Cons

## Alcohol and Substance Use

No Change	Change
<p><b>Costs of Not Changing</b></p> <p>What <u>negative</u> things might happen if I <u>stay the same</u> regarding my substance use? (Like, "I'll end up without housing or in jail.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Costs of Changing</b></p> <p>What <u>negative</u> things might happen if I <u>do change</u> regarding my substance use? (Like, "I might feel a lot more anxious without my beer.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Benefits of Not Changing</b></p> <p>What are the <u>positive</u> things about <u>staying the same</u> regarding my substance use? (Like, "I can keep the friends I have now.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Benefits of Changing</b></p> <p>What are the <u>positive</u> things about <u>changing</u> regarding my substance use? (Like, "I might not get so sick or depressed.")</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

# My Medical Concerns

List the **goals** that you want to work on first to get and keep **healthy**. Like:

1. Lower my weight from \_\_\_\_\_ lbs. to \_\_\_\_\_ lbs.
2. Lower my cholesterol from \_\_\_\_\_ to \_\_\_\_\_.
3. Keep my sugar level at \_\_\_\_\_.
4. Reduce the number of cigarettes I smoke from \_\_\_\_ to \_\_\_\_.  
Or, I will continue not smoking.
5. Get blood tests as my doctor suggests to monitor my HIV and/or Hep C and/or sexually transmitted diseases.
6. Other goal: \_\_\_\_\_  
\_\_\_\_\_

List meds for my **medical** conditions:

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## My Medical Concerns

Make a list of all the doctors that you need to call or see after the hospital about your health:

Name of Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Name of Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Name of Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date To Be Seen: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

## Recovery Pros and Cons

*Are you prepared to change your approach to your **alcohol and substance use**? Are you already changing, or are you somewhere in the middle? Circle where you think you are:*



**Not Prepared  
to Change**

**Already  
Changed**

*Think of where you are right now in regard to your alcohol and substance use. Write down a couple of things that you could do to make you motivated to change and move up the scale more toward "10."*

### Sample Answers:

*"Ask my doctor if there are meds that can help with my substance use." "Ask if my counselor will work with me if I want to just decrease my use and not totally quit." "Find out where the nearest AA/NA/MA meeting is."*

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## Creating My Personal Health Plan

Making a plan to keep healthy means paying attention to your well-being. These areas include your body, mind and spirit. It also means having supports and having help when you need it.

If you begin to notice that you're not taking as good care of yourself as planned...

### What should you do?

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### Whom should you call?

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Name of Doctor : \_\_\_\_\_

Telephone Number: \_\_\_\_\_

### Where should you go?

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## Current Information (Part 2)

### When will I be ready to leave?

Use the sample question and answer below to help you write your own answers about what may help you to leave the hospital.

#### Sample Question:

What is going on in the hospital that is helping me feel stronger and ready to leave?

#### Sample Answer:

*"I understand my meds better and take them as prescribed." "I ask my doctor more questions about side effects." "I feel better and sleep better." "I found a support group that I'll attend." "My social worker and I agreed on a discharge plan." "Now I feel like I have my supports in place."*

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## Future Information (Part 2)

### How can I stay out of the hospital?

Use the sample question and answer below to help you make a plan to stay out of the hospital. Include ways that will keep you healthy while in the community.

#### **Sample Question:**

What can I do to keep myself healthy when I get out of the hospital?

#### **Sample Answer:**

*"I can get a check-up and talk to my doctor about how I'm feeling." "I can eat right, get rest, and make new, supportive friends." "I can continue to make meetings and check with my sponsor."*

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## My Favorite Personal Tips

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## 7 Tips to Stay Drug Free and Sober

Getting and staying sober and off of drugs is important. It can affect how you feel in your mind, body and soul. Here are 7 tips and benefits to staying drug free and sober.

### Tips

### Benefits

- |  |   |
|--|---|
| 1. Know where you are in the stage of change.  | 1. Helps you do things that you are ready to do. Helps you to keep motivated.           |
| 2. Connect to people in recovery.  | 2. Helps you feel supported. Helps you feel less alone.                                 |
| 3. Think about reading the 12 steps and talking with others about them.                                  | 3. Helps you get useful advice.   |
| 4. Pay attention to triggers. Some are being hungry, angry, lonely, and tired (HALT).                    | 4. Helps you to know what makes you want to use. Helps you avoid getting to that place. |
| 5. Know why you crave something.   | 5. Helps you to feel more in control. Helps you to know that a craving will pass.       |
| 6. Do more positive things in place of drinking or taking drugs. You can walk or play a sport, or dance. | 6. Helps to keep your mind off of using. Helps to build confidence.                     |
| 7. Find ways to enjoy yourself without using.  | 7. Helps prove that a person can have fun and be abstinent at the same time.            |

## Sensory Modulation Tools

While in the hospital, you learned ways to cope with stress, anger, and anxiety by shifting your attention. You can use the same tools when you go home. Here is a reminder of some of the TIPS you learned:

- ✓ Listening to relaxing or uplifting music
- ✓ Deep breathing
- ✓ Burning scented candles
- ✓ Smelling an orange, lemon or lime
- ✓ Making art
- ✓ Using an exercise band
- ✓ Holding a weighted stuffed animal
- ✓ Putting a weighted blanket over your shoulders
- ✓ Squeezing a stress ball
- ✓ Sitting in a rocking chair
- ✓ Going for a walk



Try to make a special place in your home where you can chill out. If you don't have that option, you can always choose to use some of the TIPS, even while sitting in a chair or around a table.

Don't forget the things you see, smell, hear and touch can be very helpful in changing your mood. Think of what it's like to listen to a cat purring close by. How it feels to have a warm cup of tea in your hands. How it smells after taking a shower with some favorite soap. To look at beautiful or interesting art—or to create some.



## 10 Tips to Manage My Mental Health

There is no magic to feeling well. It takes time and some effort. Here are 10 tips to manage your mental health as well as some of the benefits of maintaining your mental health.

<u>Tips</u>	<u>Benefits</u>
1. Understand your symptoms and what they may mean.	1. Helps you to manage anxiety and other feelings.
2. Know your triggers or things that stress you out.	2. Helps you avoid situations that may cause an unpleasant feeling or outcome.
3. Make a group of supportive friends and family.	3. Helps you feel like there are people you can trust and turn to for help.
4. Learn about the meds you are taking. Talk to your doctor about side effects.	4. Helps you to know how meds support recovery. Helps with staying on the meds.
5. Attend support groups.	5. Helps you feel like you are not alone.
6. Set reasonable goals.	6. Helps you to feel successful.
7. Give yourself credit.	7. Helps you to feel more confident.
8. Help others, when possible.	8. Helps you to feel valuable.
9. Keep appointments.	9. Helps you to stay in touch with how you are doing.
10. Identify and do things that you enjoy.	10. Helps you feel more satisfied with life.

## 10 Tips to Manage My Physical Health

Your physical health impacts your mental health. Here are 10 tips to manage and maintain your physical health.

<u>Tips</u>	<u>Benefits</u>
1. Get a physical exam.	1. Helps you to know about your health, and what you can do to stay well.
2. Pay attention to health problems like diabetes, heart disease, blood pressure, high cholesterol, weighing too much.	2. Helps you address your health needs in a timely manner.
3. Keep your body clean.	3. Helps you get a feeling of well-being.
4. Eat three balanced meals. Eat healthy snacks daily.	4. Helps you to have more energy and to not overeat.
5. Find ways to get exercise. Walk, stretch, swim, do yoga, ride a bike.	5. Helps keep your body working right. Helps keep your mind clear.
6. Get enough rest (6 to 8 hours).	6. Helps keep your body working right. Helps keep mood stable.
7. Drink plenty of water.	7. Helps digestion.
8. Talk about your feelings with your doctor and therapist.	8. Helps you manage stress.
9. Get your blood levels tested when taking meds.	9. Helps to make sure your meds are at the right level in your body.
10. Reduce or stop drinking, smoking, using street drugs, having unsafe sex.	10. Helps to make you healthier and maintain that level of health.