



Dear Hazelden Connection Family Member:

Welcome to the Hazelden Connection program! We will be working with you as your Hazelden Connection team. As you know, the aim of the Hazelden Connection program is to assist and support the ongoing recovery efforts of your loved one. We do this by helping them implement and manage their treatment-prescribed Continuing Care Plan. Accountability to this Continuing Care Plan is the basis for the Ongoing Recovery Plan mentioned in the Service Agreement for Hazelden Connection. The particulars of this Ongoing Recovery Plan are determined by the treatment team and are recommendations that help your loved one maintain sobriety and grow in recovery. Throughout this program, there is intensive coaching on life and recovery needs, regular drug screens, and monitoring and reporting of adherence to the Continuing Care Plan.

The Hazelden Connection program is divided into three phases:

Phase One—**Real World**- Your loved one's recent treatment has provided formal and structured elements for personal growth. This phase supports their growing responsibility in structuring and accessing elements for their continued personal growth. Early recovery is a new landscape of adventure and a time of sticking to the basics and keeping life simple. This phase supports the experience of feeling safe during a high-risk period of their healing mind and body.

- Phase Two—**Balanced Life**

Active addiction diminishes many of the things worthwhile in life and provides opportunity for other's being hurt and suffering. This phase supports their patience and best foot forward in the challenges of healing in our environments.

- Phase Three—**New Design for Living**

Long-term practice of this new way of life leads to the realization that all the rules will be fair and that there will be wonderful surprises. This phase supports re-discovery of interests, talents and personal resources and assists in realizing their most fulfilling opportunities for growing in understanding and effectiveness.

During the first phase, **Real World**, we work together to help your loved one safely transition home or a new environment. We coach them in building their recovery network, scheduling time and appointments and gaining strength in their sobriety. In the second phase, **Balanced Life**, we work with your loved one to examine how they are doing socially, recreationally, emotionally, spiritually, financially, vocationally and in their personal relationships. We work to help them to identify solutions to problems in any of these areas and assist them in developing a personal plan to meet their goals.

In the final phase of Hazelden Connection, **New Design for Living**, having made recovery their number one priority, the focus can now include personal goals and areas of life that they want to improve and develop. We will assist them in identifying these goals and developing a meaningful action plan.

Throughout this program, we work on reducing your loved one's risk factors for relapse, including strategies to address environmental and personal triggers for use while also building the resiliency factors for long-term recovery. Addiction is a family disease, so a key component of the Hazelden Connection is to include you in the program to ensure support, education, and resources are never further than a phone call away. We look forward to working together with you on our shared goal of achieving life-long recovery.

Sincerely,

The Hazelden Connection Team

