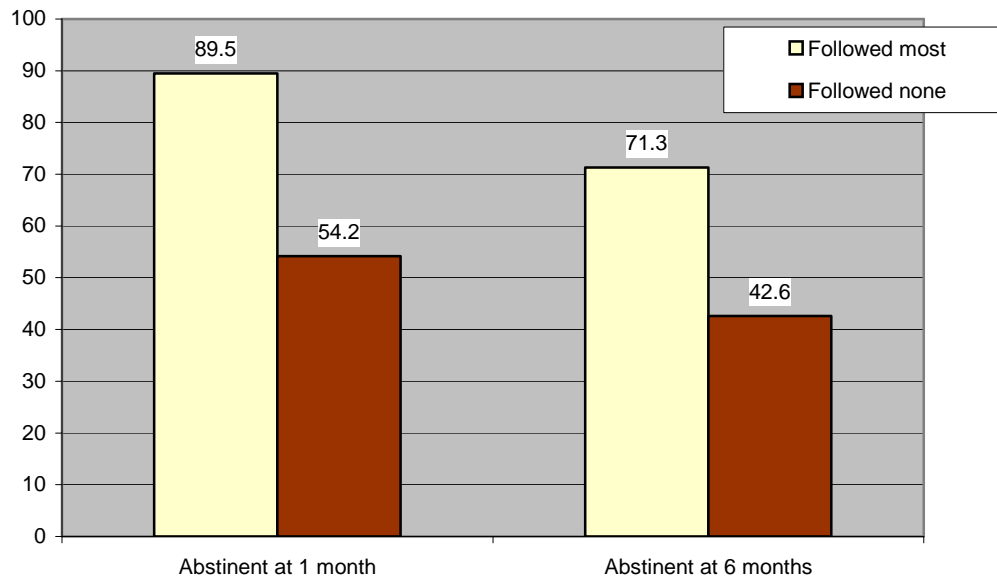


Why is your Continuing Care plan important?

Because your life is important.

At Hazelden, we know from years of experience and research that those who follow their continuing care plans have better recovery outcomes than those who don't. Take a look at these numbers:

Percentage of those who followed most compared to those who followed none of their continuing care plans who were abstinent at 1 and 6 months after discharge



These differences are significant both statistically and clinically. Statistically, these differences are due to more than merely chance alone. Clinically, it means one thing: **Those who follow their continuing care plan recommendations right away, that is—during the very first month after being discharged—have higher abstinence rates.** This is true at both the 6-month mark and at one year after treatment.

Hazelden's Butler Center for Research collects outcomes data from samples of patients following discharge. The graph shown here is based on adults admitted in 2003, 2004 and 2005 with over 4,000 contacted at the one-month follow-up and over 2,000 contacted at 6-months*. These results continue to hold when we examine data for patients discharged in more recent years as well.

CONCLUSION: Hazelden has been tracking these outcomes data for years and the result is always the same. Following your continuing care recommendations after you leave Hazelden is an essential part of your recovery.

* Results based on a random sample of 50% of the group