

# MORE works

Research shows that clients who actively engage in continuing care after treatment are more likely to remain abstinent. And Hazelden Betty Ford's research shows that MORE participants who utilize MORE as recommended have higher abstinence rates than those who do not use it as recommended.\*

*// I knew my biggest challenge after treatment would be staying connected with people who understood and cared. It's not easy for me to reach out for help. But the MORE program made it possible for me to talk about my addiction confidentially. I knew I'd find answers and get the support and guidance I needed. //*

—A MORE participant

\*Hazelden Betty Ford research shows that those who use a large number of MORE modules have significantly better outcomes than those using few or no modules, even when controlling for motivation levels.

# MORE



866-355-6673

[HazeldenBettyFord.org/MORE](http://HazeldenBettyFord.org/MORE)

# MORE for you

Recovery does not happen in 28 days at a treatment center. It's an ongoing process, with the ultimate goal of lifelong sobriety. A strong recovery support program is important to assist you in your ongoing recovery. And Hazelden's MORE program provides you with ongoing recovery support.

With MORE, help is at your fingertips through all the ups and downs of early recovery, including a recovery coach you can contact electronically or by phone.

MORE is included in the cost for most Hazelden programs.

# MORE



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Hazelden Betty Ford  
Foundation

# MORE from Hazelden

Your *daily*  
recovery  
connection



Effective recovery support,  
right at your fingertips.

# MORE



866-355-6673

[HazeldenBettyFord.org/MORE](http://HazeldenBettyFord.org/MORE)

The Hazelden Betty Ford Foundation, a national nonprofit organization founded in 1949, is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.

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# MORE is your daily recovery connection

If addiction treatment is about getting sober, recovery is about learning how to stay sober. The early months following treatment are a time of unique challenges and choices, and Hazelden's award-winning Web-based **MORE** program will help you stay the course.

With **MORE**, Hazelden gives you something no other addiction treatment provider offers—ongoing effective, personalized recovery support.

**MORE** connects you with the tools, support, and fellowship you need to build your new life in recovery. It's easy to use and always accessible. Think of **MORE** as a personal recovery guide for your recovery journey.

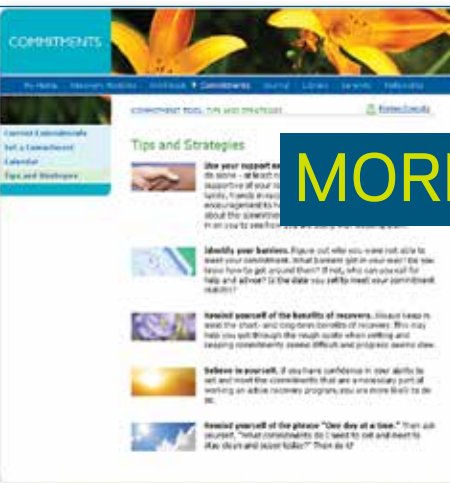
**MORE** gives you access to your own recovery coach who you can connect with for personal support.



## MORE tools

## MORE support

## MORE fellowship



// I know that without Hazelden and this **MORE** program, I would not be where I am today. I know it, and I respect it. //

A **MORE** participant

// You've talked me through some difficult moments. Somehow you always have just the right words to say, and I'm so thankful you are part of my recovery. //

A **MORE** participant's message to her recovery coach

// I just celebrated one year of sobriety, and **MORE** has been an integral part of my recovery program. //

A **MORE** participant

## MORE helps you ...

- Work through issues commonly faced in early recovery
- Identify healthy coping strategies using worksheets and activities
- Strengthen self-awareness by journaling thoughts and feelings
- Access useful articles, videos, and fact sheets

## MORE supports you with ...

- Guidance from your recovery coach—a licensed addiction counselor—electronically or by phone
- Encouragement to set and reach personal commitments each week
- Spiritual insights and inspiration through an online Serenity Room
- Essential relapse-prevention content and interactive tools in seven in-depth online modules

## MORE connects you with ...

- Online, real-time discussion boards with Hazelden alumni
- Links to helpful Web sites including AA and other Twelve Step programs
- A calendar of Hazelden alumni activities and other recovery events