

Segue is a twelve-month aftercare monitoring program, staffed by in-house Peer Recovery Support Specialists (PRSS) that facilitate a smooth transition from rehab to permanent sobriety through a structured process of support, accountability, guidance and education.



## Benefits of 12-Month Aftercare:

### Client

Dramatically improves rate of recovery

Provides relapse prevention & intervention

Facilitates transition from Rehab to Recovery

Supports personal responsibility & accountability

Creates documentation of abstinence

### Family & Employer

Provides on-going support for the family or employer

Educates and addresses questions & concerns

Establishes positive modes of communication

Sets expectations, boundaries & consequences

Removes family/employer from the role of recovery monitor

Provides documentation of sobriety where needed

Clients work one-on-one with their personal PRSS through a four stage process. Additionally, their PRSS will work directly with the Client's significant contacts- family, therapists, legal interests, etc. This unique comprehensive approach provides a type of radar to detect any relapse behaviors and address them quickly in real-time, allowing for any intervention and correction necessary.

### Phase I: Introduction

- Establish/Review Continuing Care Plan, including outstanding referrals: legal, medical, therapeutic, etc.
- Verify referral appointments have been made
- Complete all Segue Intake documentation
- Review Segue program guidelines and expectations

### Phase II: Transition - Months 1-3

- Verify and monitor sobriety, general recovery network, and progress
- Prioritize immediate needs: issues, events, relationships
- Assist with Family/Support System integration issues
- Contact Lawyers, Probation Officers, Bail Bondsmen, Trustees, etc. to establish communication expectations and reporting requirements

### Phase III: Stabilization - Months 4-6

- Formal review of Client progress to date
- Review and update Continuing Care Plan as needed
- Evaluate housing situation and plan transition from sober living to independent living
- Review Client's progress on finances and budgeting
- Review Client's credit report and address any issues
- Ongoing relapse prevention monitoring and random toxicology screenings

### Phase IV: Acclimation - Months 7-12

- Review of Client progress to date
- Address any unresolved medical, legal, or other pending issues
- Ongoing relapse prevention monitoring and random toxicology screenings

