

Your First 72 Hours Home

A practical going-home checklist for the first weekend after treatment

Leaving treatment can bring pride, relief, uncertainty and anxiety at the same time. This checklist is not about having a perfect weekend. It is about reducing avoidable risks, protecting your time and making sure support is within reach.

Before I leave treatment

- ☐ I know where I will be staying and how I am getting there.
- ☐ A supportive person knows my discharge time and expected arrival time.
- ☐ I have my medications, prescriptions and clear instructions for taking them.
- ☐ My next counselling, medical or aftercare appointment is confirmed.
- ☐ I know which recovery meeting, peer group or support contact I can use this weekend.
- ☐ I have saved important phone numbers somewhere I can access quickly.
- ☐ High-risk substances, items or contacts have been removed, blocked or safely managed.
- ☐ I have a simple plan for Friday evening, Saturday and Sunday.

My first evening home

- ☐ I will check in with someone supportive after I arrive.
- ☐ I will eat something, drink water and take prescribed medication as directed.
- ☐ I will avoid trying to solve every problem, message or responsibility tonight.
- ☐ I will limit contact with people or places connected to past substance use.
- ☐ I will prepare what I need for tomorrow morning before going to bed.
- ☐ I will aim for a familiar bedtime rather than staying up because I feel restless.

My weekend structure

- ☐ I have chosen a realistic wake-up time for Saturday and Sunday.
- ☐ Meals are planned, even if they are simple.
- ☐ I have scheduled at least one supportive connection each day.
- ☐ I have planned some physical movement, such as walking, stretching or exercise.
- ☐ I have given the afternoon and evening a purpose instead of leaving them completely open.
- ☐ I have included rest without turning the whole day into isolation.
- ☐ I have completed or started the Jenora My Daily Schedule worksheet.

My support and safety plan

Write this down before the weekend becomes difficult.

Name	How they support me	Phone

Early warning signs I will take seriously

- ☐ I start isolating or stop answering supportive people.
- ☐ I skip meals, medication, appointments or planned activities.
- ☐ I begin romanticising past substance use or minimising the consequences.
- ☐ I tell myself I should be able to manage alone.
- ☐ I reconnect with high-risk people, places or online contacts.
- ☐ I begin planning, hiding or testing boundaries.

If I notice warning signs, I will:

- ☐ Tell someone what is happening instead of hiding it.
- ☐ Move to a safer or more supportive environment.
- ☐ Attend a meeting, call a support person or contact my treatment provider.
- ☐ Use a grounding, breathing or urge-surfing exercise.
- ☐ Focus on the next safe action rather than making decisions about the whole future.

The first person I will contact is:

The safest place I can go is:

One reason I want to protect my recovery is:

Your next step

Use the My Daily Schedule worksheet to map out your first weekend and the week ahead. Bring this checklist into Jenora to turn it into your daily plan and track it through the week.

Important: This planning aid does not replace medical care, therapy or your discharge plan. If you may be unable to remain safe, contact local emergency services or your treatment provider immediately.