

Returning Home Toolkit

Practical support for the first week after treatment

PREPARE > PLAN > RESPOND > REVIEW > ADJUST

1

The First 72 Hours Home Checklist

Prepare for discharge and the first weekend home.

2

My First Week Home Planner

Build a realistic structure around anchors, commitments, and difficult windows.

3

My Support and Safety Plan

Decide who and what will help before a difficult moment arrives.

4

My First-Week Review

Notice what the week taught you and adjust the plan for the week ahead.

A difficult moment does not mean recovery has failed. These pages reduce the number of decisions you have to make when you are tired, anxious, lonely, or experiencing cravings - and make sure the person deciding is the steadier you, planning in advance.

How to Use This Toolkit

Use one section at a time - you do not need to complete everything at once

1

Before leaving treatment

Complete the First 72 Hours Home Checklist. Confirm where you are going, who knows you are home, what support is arranged, and what needs to be made safer or simpler.

2

Before the week begins

Use My First Week Home Planner to create a realistic structure. Begin with a few anchors, appointments, supportive contacts, and plans for the difficult windows you can already anticipate.

3

While things feel steady

Complete My Support and Safety Plan. Share it with at least one trusted person and keep it somewhere easy to reach.

4

At the end of the week

Complete My First-Week Review. Keep what worked, adjust what did not, and use what you learned to plan the next week.

Keep urgent support separate from ordinary planning

If you cannot stay safe, have taken a dangerous amount of alcohol, medication, or drugs, or may harm yourself or someone else, contact local emergency services or go to the nearest emergency department. Do not stay alone.

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.

My First Week Home Planner

A realistic weekly plan for the first seven days after treatment

The first week home does not need to be perfect. The aim is to reduce long, unplanned gaps, keep support within reach, and create enough structure to help you settle into daily life. Plan what is realistic, not what an ideal version of you should manage.

Name _____ Week beginning _____ Main support person _____

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Daytime							
Evening							
Support / appointments							

Include meals, sleep, movement, recovery support and ordinary responsibilities. Leave some space for rest.

Build a Week You Can Actually Follow

Choose a few reliable anchors before adding extra goals

My daily anchors

- ☐ Wake up at about the same time.
- ☐ Eat regular meals and drink water.
- ☐ Take prescribed medication as directed.
- ☐ Have at least one supportive connection.
- ☐ Include some movement or time outside.
- ☐ Prepare for sleep rather than waiting to feel tired.

Plan for the difficult parts

Most people do not struggle for the whole week. Difficulty usually appears in certain windows: an empty afternoon, an argument, a lonely evening or an unexpected message. Naming these times in advance makes it easier to respond early.

A time or situation that may be difficult:

What I will do instead of isolating or acting impulsively:

Who I will contact:

Important commitments

Counselling / aftercare

Medical appointments

Recovery meetings or peer support

One meaningful direction

Early recovery is not only about avoiding alcohol or drugs. It is also about beginning to rebuild a life that feels worth protecting. Choose one small action this week that reflects the person you want to be.

This week, I want to make space for:

Keep the plan visible and revise it when needed.

Bring this planner into Jenora to build your daily plan and track the supportive actions you complete through the week. A plan that needs adjusting is not a failed plan - it is useful information.

My Support and Safety Plan

A clear response plan for moments that feel less manageable

A difficult moment does not mean recovery has failed. This plan is for both the early signs that you are beginning to struggle and situations where you need urgent support. Its purpose is to reduce the number of decisions you have to make when you are tired, anxious, lonely, or experiencing cravings. Fill it in while things feel steady, and keep it somewhere easy to find.

People I can call

Name	Who they are	Phone	Best time to reach

Think of your therapist or counsellor, doctor, sponsor, a peer in recovery, and trusted family or friends.

When I am most likely to need support

For example: evenings alone, weekends, after difficult conversations, payday, or passing certain places.

What kind of support actually helps me

Be specific. This helps the people who support you. Examples include listening without giving advice, sharing a meal or walk, helping with a practical task, or reminding me why I am doing this.

Early Warning Signs

Struggle rarely arrives without notice - it usually sends signals first

Noticing a warning sign is not a problem - it is the plan working. The earlier a signal is noticed, the smaller the response that may be needed.

Common early changes

Sleep -	sleeping much more or less, or dreading bedtime
Eating -	skipping meals, losing appetite, or eating on autopilot
Mood -	feeling more irritable, flat, restless, or overwhelmed than usual
Isolation -	cancelling plans, avoiding calls, or going quiet
Routines -	letting anchors slip - wake time, meals, movement, or meetings
Cravings -	becoming more frequent, more intense, or harder to redirect
Thinking -	"just one", "I can handle it now", or "no one would know"

My personal signs

The signs the people close to me would notice first.

A difficult day

Uncomfortable, but my plan and daily anchors are still enough to carry me through it.

For me, this looks like:

I need more support now

Signals are stacking up, anchors are slipping, and managing alone is getting harder. It is time to use page 3.

For me, this looks like:

What I Will Do

Decided in advance, so the difficult moment holds fewer decisions

1

First steps I can take on my own

For example: slow breathing, changing rooms, taking a shower, going for a walk, or using urge surfing for 20 minutes - while keeping support within reach.

2

People I will contact

Start with the person I can reach most honestly and easily - not the person I am least willing to worry.

3

Places I can go

For example: a recovery meeting, gym, library, community space, trusted friend's home, or another place I have already identified as supportive.

4

Professional support I can access

Therapist or counsellor, aftercare group, doctor, treatment centre, or local support service.

What I will avoid doing when distressed

For example: making big decisions, testing myself around triggers, isolating, keeping the struggle secret, or going somewhere where alcohol or drugs are easily available.

Urgent Support

For moments that need more than this plan

Sometimes a moment is bigger than anything on the previous pages. If you are worried about your immediate safety, or feel close to acting on urges you cannot manage alone, hand the decision to someone else. Using urgent support is using the plan - not abandoning it.

Act now if you cannot stay safe

If you may harm yourself or someone else, have taken a dangerous amount of alcohol, medication, or drugs, or cannot remain safe, contact local emergency services or go to the nearest emergency department now. Do not stay alone.

My urgent contacts

Local crisis line

Emergency services number where I live

My treatment centre or aftercare team

A trusted person who knows this plan exists

Ask someone you trust to help keep your home environment supportive during difficult periods - for example, by keeping alcohol or substances out of the house. Making things easier for yourself is not weakness; it is good planning.

After a difficult moment

- **Rest.** Difficult moments are physically exhausting, even when nothing shows on the outside.
- **Tell someone what happened.** The moment loses power when it is not a secret.
- **Review the plan.** Whatever happened is information, not a verdict. Adjust anything that would make it easier to use next time.
- **Share this plan.** A safety plan works best when at least one other person knows it exists.
Keep this plan easy to reach and share it with someone you trust.

My First-Week Review

Reflection is information, not judgement

The first week rarely goes exactly to plan - and it does not need to. This review is how the plan gets better. Look at what actually happened, notice what it tells you, and adjust next week accordingly. That cycle - plan, practise, notice, reflect, adjust - is what recovery is built from.

My daily anchors this week

Anchor	Most days	Some days	Rarely
Woke up at about the same time	☐	☐	☐
Ate regular meals and drank water	☐	☐	☐
Took prescribed medication as directed (if any)	☐	☐	☐
Had at least one supportive connection	☐	☐	☐
Included some movement or time outside	☐	☐	☐
Prepared for sleep rather than waiting to feel tired	☐	☐	☐

"Some days" counts. Anchors are measured in returns, not streaks.

Moments that were difficult

Pick one or two. What happened, what you did, and what - if anything - helped.

What happened: _____

What I did: _____

What helped, even a little: _____

Supports I used this week

People, meetings, tools, or places - anything from your plan or safety plan you actually reached for.

What I Noticed

The week is over - the information is not

What helped most

What I would do differently

One thing I did this week that I am glad about

However small. Progress counts even when it does not feel like progress.

Next week

I will keep:

I will adjust:

One difficult window I already know is coming, and my plan for it:

PLAN > PRACTISE > NOTICE > REFLECT > ADJUST

Now build next week's plan with this page beside you.

Return to your weekly planner and carry these adjustments into it. Bring what you noticed into Jenora when planning the week ahead.

Continue Building Your Routine

The first week is a beginning, not a finished plan

Use what you learned during the first week to shape the weeks that follow. Keep a small number of reliable anchors, review your support plan when circumstances change, and adjust your routine rather than abandoning it when life becomes difficult.

Use My Daily Schedule for the month ahead

The My Daily Schedule worksheet helps you choose the supportive activities you want to repeat and track over the coming month. It works best when you start with a few realistic actions rather than trying to change everything at once.

Bring the plan into Jenora

Bring the practical parts of this toolkit into Jenora to build your daily plan and track the supportive actions you complete through the week. Use your review to decide what to keep and what to adjust next.

A plan that changes is not a failed plan.

It is a plan learning from real life.