

We know that staying in treatment is important for your recovery. Here are some helpful tips to help you achieve your treatment goals.

People who experience challenges with their mental/behavioral health and/or addiction to drugs and/or alcohol can find help and hope in recovery by starting and continuing with treatment for substance use disorder. Research shows that meeting regularly with your treatment team, especially in the first 90 days, is an important part of a strong recovery plan.

You are the expert on what helps you! Here are a few ways to encourage recovery and connect with your provider:

Ask about resources to help keep your appointments:

- ➔ Transportation
- ➔ Childcare
- ➔ Legal needs
- ➔ Language interpretation and translation assistance for your healthcare needs

Follow your medication treatment plan:

- ➔ Always talk to your doctor before discontinuing a medication
- ➔ In some cases, it may take some time for medication to decrease symptoms significantly
- ➔ If your medication does not seem effective, contact your doctor
- ➔ If you have any questions about the medication, contact your doctor or pharmacist

Keep in Touch:

- ➔ Keep your contact information up to date
- ➔ Tell your provider if you need to reschedule

Be Honest with Your Provider:

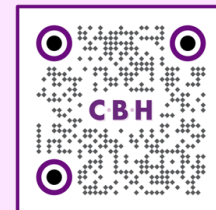
- ➔ Let them know what and how you are using
- ➔ Let them know if your treatment plan is working or not. You can always adjust the plan

Get Involved:

- ➔ Connecting with a recovery community can help you achieve your goals!
- ➔ Use the CBH Member Handbook to connect with groups or peer support.
- ➔ You may also connect with faith-based or spiritual groups in your community.

CBH Website: Pharmacy Education and Resources for Members

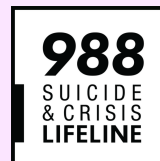
Includes medication wallet card, guides, tip sheets, and other valuable tools and resources to get informed about and properly use medications you may be prescribed



SCAN ME!



CBH Member Services
888.545.2600
cbhphilly.org



You are one phone call away from getting help.

Compassionate, trained professionals answer all calls 24-hours a day, 7 days a week. Callers will receive counseling, guidance, assessment, and referrals/warm transfers to other services as indicated.

The information contained in this tip sheet is for educational and informational purposes only. The clinical services described in this tip sheet may not be covered for all CBH enrollees. To find out about what services are available to you under the CBH benefit package, please contact CBH Member Services.