



CBH MEMBER SERVICES
888.545.2600



**PHILADELPHIA
CRISIS LINE**
215.685.6440

**PHILADELPHIA INTELLECTUAL
DISABILITY SERVICES (IDS)**
215.685.5900



CRISIS RESPONSE CENTERS FOR ADULTS:

EINSTEIN MEDICAL CENTER
215.951.8300
5501 Old York Road

FRIENDS HOSPITAL
215.831.4600
4641 Roosevelt Boulevard

**HOSPITAL OF UNIVERSITY OF
PENNSYLVANIA – HUP CEDAR
AVENUE**
800.789.7366
501 S 54th Street

PENNSYLVANIA HOSPITAL
215.829.5433
Spruce Building
801 Spruce Street
1st Floor

**TEMPLE UNIVERSITY HOSPITAL
EPISCOPAL CAMPUS**
215.707.2577
100 E Lehigh Avenue

CRISIS RESPONSE CENTERS FOR CHILDREN:

**PHILADELPHIA CHILDREN'S
CRISIS RESPONSE CENTER**
215.878.2600
3300 Henry Avenue
Falls Two Building

**CHILDREN'S HOSPITAL OF
PHILADELPHIA – BEHAVIORAL
HEALTH AND CRISIS CENTER**
445.428.5800
501 S 54th Street

Tips for Engaging in Substance Use Treatment

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.



Scan for more resources to help you meet your recovery goals.