

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

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 appointment:

- ➔ Ask to be connected to your outpatient provider upon discharge and to be given a scheduled appointment
- ➔ Talk with your provider or social worker about anything that might prevent you from following up. They can help you find support like transportation, childcare, legal needs, or Ask about Medications:
- ➔ Medications may be available to help you manage your conditions
- ➔ Discuss medication options with your doctor
- ➔ Talk to your provider about which medications you have tried. Let them know which medications worked or did not work for you

### Keep in Touch:

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

### Be Honest with Your Counselor/Doctor:

- ➔ Let them know what substances you are using, if any, and how much
- ➔ Let them know about any mental health symptoms and/or concerns
- ➔ Let them know if your treatment plan is working or not; you can always adjust the plan
- ➔ Talk about your discharge plan with your inpatient provider so that you understand the next steps

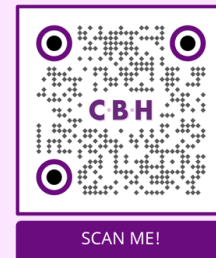
### Get Involved

Connecting with a recovery community can help you achieve your goals! Using the [CBH Provider Directory](#), you can:

- ➔ Connect with Program Groups
- ➔ Connect with Peer Support
- ➔ Connect with Faith-based Groups

### 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*



**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.