

Recovery Launch Plan

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Recovery Launch Plan for Family Emotional Sobriety

The Recovery Launch Plan details the specific actions we will take to build our personal recovery programs. It fulfills several functions at once. First, it is our personal commitment to the activities we will participate in weekly. Second, it shows how a modest time commitment can turn the family into a powerhouse for recovery. Third, it underscores our solidarity with each other, including our newly recovering loved one. When everyone on the team engages in recovery together in a democratic fashion, we will begin to see real change.

- Starting right away, I will go to _____ family Twelve Step meeting(s) a week. I will find meeting choices at al-anon.org or search for other Twelve Step family groups.
- I will devote two minutes to my daily reading in *Courage to Change* at this time during my day: _____. I will share insights gained with my SFR accountability partner _____ time(s) a week.
- I will choose a home group by SFR week _____.
- I will get a Twelve Step sponsor by SFR week _____.
- I commit to completing the first three items on this Recovery Launch Plan in time to invite our recovering loved one to join SFR by week _____ (usually week three or four).
- I will start checking off my accomplishments using my Personal Recovery Checklist (found in chapter 26, “Structured Family Recovery Checklists”).

Family Twelve Step meetings including Al-Anon, Adult Children of Alcoholics, Families Anonymous, Nar-Anon, Codependents Anonymous, S-Anon, and Gam-Anon. Celebrate Recovery is a Christian Twelve Step program. All offer meeting lists that can be found online.

Recovery Launch Plan for Sobriety

As a newly recovering alcoholic or addict, I will follow specific actions detailed in the Recovery Launch Plan to stay clean and sober and build a solid program. I can't think my way into sobriety. Instead, I must take the actions that lead to lasting recovery. I may have a continuing care plan from a treatment provider (see the next checklist), but the Recovery Launch Plan is where the rubber meets the road. In a few short weeks, I know the surprising by-product of these actions will begin to appear: joy. I will have new friends and a new purpose. Completing the Recovery Launch Plan also keeps me in solidarity with my SFR team members, who are building their own programs of Twelves Step recovery.

- I will complete the Treatment Aftercare Plan Checklist when I receive it from my treatment team.
- I commit to the goal of attending ninety meetings in ninety days (Twelve Step group of my choice).
- I will choose a home group within two weeks.
- After choosing a homegroup, I will choose a Twelve Step sponsor within one week and begin working the Steps.
- I will get five telephone numbers from sober (same-gender) members of my Twelve Step group. I will call and talk to one person a day.
- I will spend at least ten minutes each day reading recovery literature, starting with the AA Big Book or the NA Basic Text.
- I will spend two minutes every morning reading my Twelve Step daily meditation book, *Daily Reflections* or *Twenty-Four Hours a Day*.
- I will talk with my sponsor the number of times he or she recommends, _____ times a week.
- I will volunteer to set up the meeting or clean up after meetings.
- I will engage in fellowship (going out for coffee or a meal) with other recovering people after a Twelve Step meeting or other social interaction.

- I will start checking off my accomplishments using my Personal Recovery Checklist and talk about these in Report, Discuss, Plan (see chapter 26, “Structured Family Recovery Checklists”).
- I will sign up for monitoring (random alcohol and drug testing) to rebuild trust with my family and create accountability for myself.

Twelve Step meetings including Alcoholics Anonymous, Narcotics Anonymous, Sexaholics Anonymous, Sex Addicts Anonymous, Gamblers Anonymous, Overeaters Anonymous, Food Addicts in Recovery Anonymous, Nicotine Anonymous. Celebrate Recovery is a Christian Twelve Step program.

Treatment Aftercare Plan

Check each item that was including on your Treatment Aftercare plan.

- Attend _____ Twelve Step meeting(s) per week.
- Get a Twelve Step sponsor within _____ weeks after discharge from treatment.
- Attend intensive outpatient treatment or other continuing care program at _____.
- Follow up with a primary care physician for _____.
- Follow up with _____ for ongoing mental health, psychological, or other services.
- Follow up with sober house (transitional housing) at _____ for _____ months.
- Work with a recovery mentor or sober coach at _____ for _____ weeks or _____ months (circle one).
- Sign up for monitoring (random alcohol and drug testing) at _____ for _____ months.
- Other: _____