

## Our Recovery Program

Welcome to our program. We are here to support your goals. We know recovery can sometimes include relapse. If this happens, we want you to come back!

Staff will be open and honest: we hope to get the same from you. Please feel free to share what is on your mind. This will help us create a safety plan, find your triggers, prevent relapse, and practice harm reduction.

## What to Expect

### Visits

To respect your time, and the time of other patients and providers, arrive on time for your visit. If you are late, you may have a shorter visit and need to schedule a complete visit later.

Please come to your scheduled visits even if you just used drugs or alcohol. You might not be able to go to group that day, but we will still meet with you.

We will take a urine sample for drug testing at every visit. It is important that you feel comfortable telling us what to expect in your urine—we would prefer to hear it from you. If there is a difference between what you tell us and what the urine shows, we may ask you for an observed urine sample. We may also ask you for a pill count or wrapper count. We will work through this with you.

Let us know right away if you are or may become pregnant so we can work with you on your care.

Primary care clinics are busy with many patients who need care. If during your visit you have a concern, an urgent need, or a particular issue, please keep calm and talk to us.

### Your Medicine

Keep your medicine safe and out of the reach of children. It is difficult to get early refills for lost or stolen medicine.

Please tell us about any changes in your medicine, including:

- Pain, like opioids (such as OxyContin, Percocet, morphine, Tylenol #3)
- Anxiety, like benzodiazepines (such as Xanax, Ativan, Valium, Klonopin)
- Sleep, like nonbenzodiazepines or “z-drugs” (such as Ambien, Lunesta)

You should not take anyone else’s medicine or share yours. If family or friends need care, we will gladly see them too.