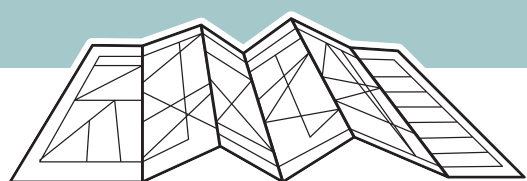


AFTERCARE PLANNING



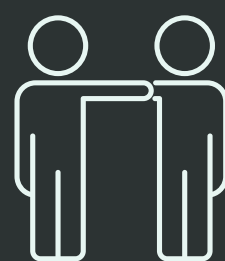
RESOURCES

- ✓ Minimise relapse
- ✓ Regain structure
- ✓ Maintain abstinence

20%

ABSTINENCE

with positive reinforcement in aftercare



[Lash, Burden et al, 2007]

+53%

NON-DRINKING DAYS

when aftercare in place

[Murthy, Chand, et al, 2009]

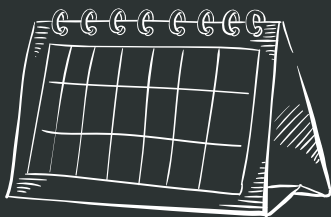
MUTUAL AID

=

RECOVERY TIME

[Martinelli et al, 2020]

LONGER
AFTERCARE
=
LONGER
SOBRIETY



[Murthy, Chand, et al, 2009]

SUPPORT

IDENTIFY
FRAMEWORK
OF SUPPORT
FOR TRIGGERS



Social, peer, and therapeutic resources to draw upon, following a residential treatment programme for drug or alcohol addiction.



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