



The Recovery Support and Follow-up Service

Structure, Accountability and Support through Proactive Communication

Silver Hill Hospital's new Recovery Support and Follow-up Service (RSFS) is the most comprehensive post-discharge support and follow-up service offered by any psychiatric hospital. Adult patients discharging from Silver Hill Hospital's residential Transitional Living Program for Addiction and Dual Disorders are automatically enrolled, without any added charge, in the Recovery Support and Follow-up Service for an additional 12 months. This new RSFS therefore provides a 13-month relationship with Silver Hill for patients treated in these two comprehensive treatment programs.

The goals of the RSFS are to facilitate a smooth transition from treatment to recovery and to increase the likelihood of continued recovery during the first critical year. We will accomplish this through an enhanced process of communication that will:

- support the patient in his/her efforts toward a better, sober life; and
- keep open communication with families, significant others and professionals as they help the person in recovery remain on track with his/her continuing care plan.

There are three key components of this new Recovery Support and Follow-up Service:

First, the creation of a "recovery support team" made up of

- the patient;
- a Silver Hill staff member, a "Recovery Support Advocate," who will support the patient's recovery after discharge from the hospital;
- a family member or significant other; and
- a professional in the community, typically an outpatient clinician.

Second, a series of planned, structured dialogues designed to enhance the recovering person's desire and ability to stay on track and to encourage him/her to remain in recovery.

Third, the use of random urine toxicology screens, obtained periodically throughout the post-discharge year, to allow the recovering person to demonstrate additional accountability. (The cost of this drug screening may be covered by insurance.)

A Recovery Support Advocate is assigned to each patient before s/he discharges from the hospital so that the patient and family members or significant others have the opportunity to establish a rapport with the Advocate. The Recovery Support Advocate is neither a therapist nor a case manager. The Advocate's role is to support the patient's recovery and to facilitate the family's interest in supporting the patient's recovery. After discharge, the Advocate communicates regularly by telephone with all parties throughout the course of 12 months. The Advocate may also respond to family needs by providing information about community resources.

The Silver Hill Hospital Recovery Support and Follow-up Service is in keeping with our mission to "provide continuing support...to our patients and their families in every phase of illness and recovery." We are very pleased to offer this service to you. For additional information, please contact our Admissions Department at call 203 801-2220.