

BELIEVE

A Program to Guide Recovery and Wellness



Right Care • Right Time • Right Place

Elara  Caring

What Can You Expect?

Help with...

- **safety** in your home.
- controlling your **pain**.
- **when and how** to take your **medications**
- medication **side effects**.

To be treated with...

- **compassion** and **kindness**.
- concern for your **personal privacy**.
- **respect** of your **home and personal items**.

Office staff who...

- follow-up when you need **help**.
- respond in a **timely** manner.
- treat you with **courtesy** and **respect**.

Visiting staff who...

- are **knowledgeable** about your **current** care and treatment.
- arrive **on time** and **communicate** with you if they are running late.
- **listen** to your concerns and answer your questions.

Have We Made a Difference?

Please consider answering a few easy questions about your care.

Watch Your Mailbox

During the course of your care, or after your care has ended, you may receive a questionnaire in the mail from us. Please let us know about your experience.

respectful

skilled

expert

polite

helpful

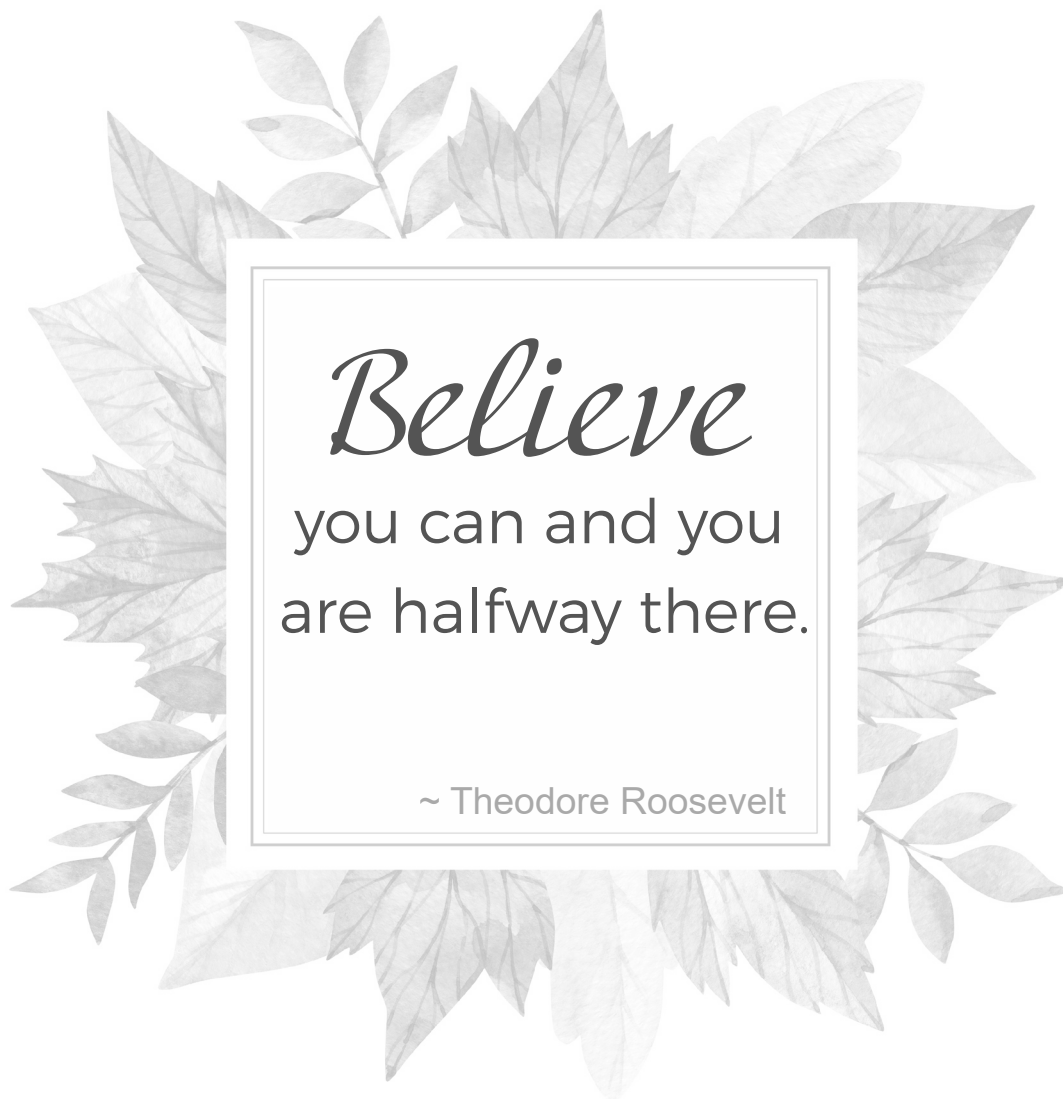
listen

on
time



believe

Believe is Elara Caring's Recovery Program. While we *believe* there is no "one size fits all", we do *believe* every recovering individual can benefit from a holistic approach that prioritizes mind, body and soul.



Nothing contained in this book is intended to be used for medical diagnosis or treatment. It should not be used solely in place of a visit, call, consultation, or the advice of a physician or other qualified health care provider.

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begin

embrace

learn

individualize

engage

validate

empower

Help • Support • Resources

There will be times throughout your Recovery journey when you will need help. This might include someone who can listen to you without passing judgment or perhaps someone with whom you enjoy sharing an activity. It might be a spiritual community or an exercise group. It could be a class on something that gives you pleasure like cooking or photography.

You may not have any of this in your life right now but begin thinking about reaching out, connecting with others and building a circle where you can ask for help.

Elara Office Number _____

My Elara Nurse is _____

My Community Mental Health Provider is _____

My Support Group Contact is _____

My Sponsor is _____

People who could...

Share a coffee or treat _____

Talk on the phone _____

Run an errand _____

Watch a movie with me _____

Go for a walk/hike _____

begin *believe*

You may already *believe* help is needed, congratulations on taking the “first step” toward Recovery! Maybe a family member, friend or health provider thinks there is a problem, but you see things differently. That’s OKAY too. Your willingness to take this journey and explore the possibility is commendable!

The journey of a thousand miles
begins with a single step.

~ Lao Tzu



Considerations.

Am I... _____

- using alcohol, drugs, food or other behaviors to forget about problems?
- using substances while alone or hiding all evidence of using?
- doing or saying things while under the influence that later cause shame or regret?
- making excuses for use?
- neglecting important responsibilities in order to drink or use substances?

How many of the above would you
or someone close to you say are applicable?

Embrace *believe*

Embrace the Guiding Principles of Recovery
(Write down your reaction to each principle.)

Your Recovery...

is self-directed.

is based on your personal needs, likes & experiences.

will have its ups and downs.

is based on your values, strengths & resilience.

includes support from others.

is about respecting and believing in yourself.

helps you find the courage to change.

gives you hope.

Are some easier to envision than others?

This is your Recovery.

What do you need, what do you want?

This is your time to *believe* change is possible!

believe

5 Rules to Guide Your Recovery

1. Create a New Life where it is easier NOT to use.

Minimize high risk situations – People, Places, Things

- Does your social network consist of people who drink/use as much as you?
- Certain emotions and feelings can be triggers for use/relapse:
H.A.L.T. (Hunger • Anger • Loneliness • Being Tired)

Identify your high-risk situations:

Identify your emotional triggers:

What are possible alternatives?

2. *Ask for Help & Develop a Support Network*

Before you need support, identify people and places that you can rely on.



3. *Be HONEST with yourself & those in your support network.*

- Nothing changes, if nothing changes.
- Honesty won't come naturally, but it does with practice!

4. *Practice Self-Care*

- Recovery means finding healthier ways to escape, relax and reward yourself.
- Mind-Body Relaxation - Relaxation is not an optional part of Recovery. It's essential to Recovery.

5. *Don't Try to Negotiate Your Recovery*

- Recovery is difficult because change is difficult!
- Embrace the opportunity for change.

bel individualize eve

Recovery is about "Becoming Real"

Sometimes others see and love the "real" us before we do.

"Real isn't how you are made", said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time not just to play with, but REALLY loves you, then you become real."

~ Velveteen Rabbit • Margery Williams Bianco

Who is the "Real You"?

(The person beneath the surface of your disruptive behaviors).

Who in your life sees the "Real You"?

What are 3 things you can do to begin letting others see the "Real You"?

Once you become real you can't be unreal again. It lasts for always.

~ Velveteen Rabbit



believe engage

The greatest gift you can give yourself, in Recovery, is a healthy support system.

Ways to Create a Support Circle

Self Help Groups

- Learn you are not alone.
- Listen to strategies that have worked for others.
- Experience a safe place to share without judgment.

Participate in Activities

- Volunteer Work
- Get involved with your spiritual community
- Get involved in an activity or group you enjoy.
- Exercise

It is common to feel discomfort in social settings.

What stops me from joining a group or activity?

Some activities I might be interested in:

Who could I ask to go with me?

I will commit to trying:

believe Validate e

Validate Your Emotions

Emotional Awareness

Becoming more emotionally aware gives you the ability to respond vs react to your feelings and allows for healthier choices

Activities that help focus your mind and strengthen your resolve to face difficult feelings head on:

- Journaling
- Meditation
- Music













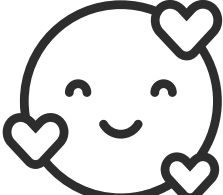



Identify your "Achilles Heel" of Emotions

- What triggers the feeling, is there a pattern?
- What is "behind" the outward expression?
- Do you get angry when you are actually feeling sad or hurt?
- Do you get frustrated when you are actually feeling vulnerable?

Write down your emotions that may trigger use:



Ask Yourself How You're Feeling

 Calm	 Bored	 Sad	 Nervous
 Anxious	 Scared	 Hungry	 Lonely
 Confused	 Embarrassed	 Frustrated	 Disappointed
 Loved	 Uncertain	 Happy	 Tired

believe **e**mpower

The only person you are destined to become
is the person you decide to be.

~ Ralph Waldo Emerson



Empower Your

Strengths
Values
Joy
Motivation
Love
Self-Care
Patience
Forgiveness
Recovery

Recognizing Early Warning Signs of a Problem with Substance Abuse

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Pulling away from people and usual activities you once enjoyed
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Experiencing mood swings that cause problems in relationships



If you experience any of these:

- Let your Elara Caring Clinician Know Right Away
- Speak with your Doctor or Mental Health Provider

Congratulations

on beginning your journey to Recovery!



One Day
at a
Time

Words to Live By

H
 O
 L
 M I F
 V S E
 P T P
 I W I I F
 E S C L O
 M E X H R
 N P G W T G E
 E O A M G I N
 T W R E N V U
 I W E U Z E E B Q
 P O R O I R G Y U
 A R T C L T I L E
 C G T E Y T I W D M L L E A R N K R Y A S V O V F W Q Z B G A S U P P O R T Q
 O Y P T E C P L H E A L T H V J H Z U Y A V I X L W L V X B P I L M D J W
 Q U A S E C A R B M E N O E O T D L Q E R L Q U S A E T F Z N U D
 M R D Y C Y T I N E R E S R T I J U N T A R U I L L X A X B I
 J P I O P E J H L I E K O U V O N U S I Y R I U J X R V R
 O L U Y N E V E I H C A I Y I I D T H E S E V U S
 S A C S G L X A V E F D X N K G N V U Y S U O
 E V A R A U D A T K N P T I D E E C C U S
 L N P G O V T P I P E J X T B Y H
 Q K W E S V D W Q G I W O Q E
 S S E N L L E W E R W P P E Y
 B I Y D X E A G C I I I O E R
 F L W U N W N T Z T S Q E R E
 G I X B P U A S I L Y D Z P A V A
 V B F N K H T Z A G Y O X O C O L
 R R L A C P O H E E A M V H F C F
 A Q G Q J A B Q N O I M D Y L E N R
 C Z Q A T R P K W I I E R E A
 L M A I H K H X S N I G
 O W R E J K X Y S R E J
 O U N Z H Q X O U B
 K C J S Q O
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WORD LIST:

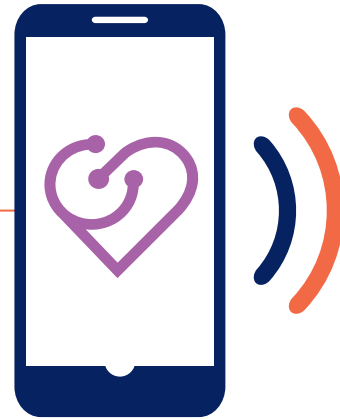
ACHIEVE	HEALTH	NETWORK	SUCCEED
BEGIN	HOLISTIC	PATIENCE	SUPPORT
BELIEVE	HOPE	POTENTIAL	VALIDATE
CHANGE	IMAGINE	PURPOSE	VALUES
COURAGE	INDIVIDUALIZE	RECOVERY	WELLNESS
EMBRACE	INTEGRITY	SELF CARE	WISDOM
EMPOWER	JOURNEY	SERENITY	YES YOU CAN
ENGAGE	JOY	SOUL	
FORGIVE	LEARN	STRENGTH	
HALT	LOVE	STRIVE	



God • Grant me
the
serenity
to accept the things I cannot change,
the
courage
to change the things I can and
the
wisdom
to know the difference.

Call Us

FIRST



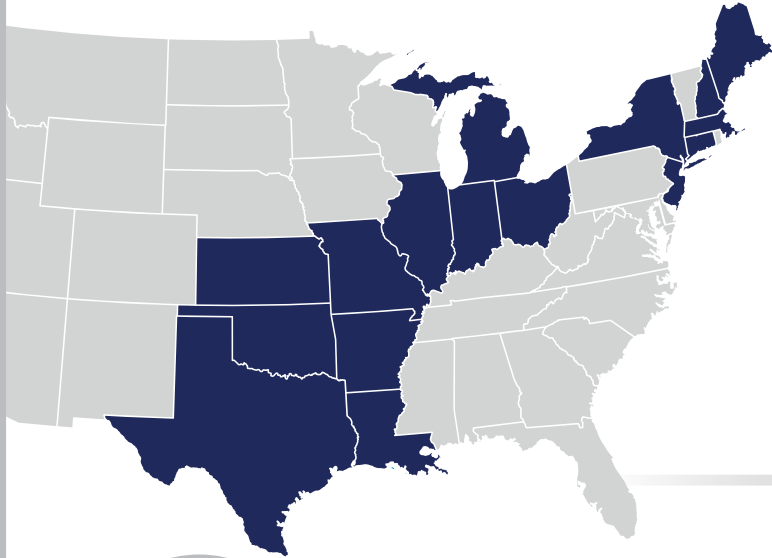
Questions? Concerns? Confused? Health Change?

The **Call Us First** initiative is vital to reducing unnecessary emergency room visits and rehospitalizations with our patients.

Elara Caring implements **Call Us First** at every patient visit or phone call with the patient and their caregiver.

Why Call Us First?

- We are Available 24/7/365
- Call Us First is an integral part of our patient care culture
- Reduces unnecessary emergency room visits and rehospitalizations
- Improves patient outcomes by managing their symptoms in the safety of their home, when appropriate
- Meets the goals of our patients while adhering to their plan of care
- Integral part of every diagnosis-centric action plan for daily patient engagement, symptom awareness and behavior modification
- Intervention initiation before a health decline becomes a crisis



Elara Caring

Our Mission

Right Care • Right Time • Right Place



225+ Locations

Call Us

FIRST

