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|  First Meeting Care Plan |
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| Date: |  |
| Participant: |  |
| Involved Supports/Services: |  |
| Next Care Plan: |  |

Goals for Substance Use: Sobriety Long Term – Sobriety Short Term Until:\_\_\_\_\_\_\_\_\_\_\_\_ - Use ReductionResources Needed: **Housing – Insurance - GA/SNAP – Food Shelf - Transportation – Withdrawal management - Residential Treatment – Outpatient Treatment – DBT – Individual Therapy – Psychiatry – Employment – ARMHS Worker** Resources Wanted: Mobile SUDS Social Events – New Hobby – Reconnect with Family – Reconnect with Friends - Church – AA/NA Meetings – All Recovery – Will Work for Recovery – SMART Recovery – Recovery Church – Sponsor – SchoolOther resources:Fun activities to Try: yoga, visit lakes, animal shelter, downtown, thrift store shop, escape room, virtual reality, visit art center, go to library, IMAX movie, mini golf, play pool | The Mobile SUDS Team is a monthly service that is extended each month by participant choice. This care plan is for initial participation for first 30-45 days in program until the next month’s care plan is established.* Team Lead – Dayne (507-382-8818), LADC Shawn (612-868-9873), PRS Ashlee (612-275-7971)
* DO NOT HESITATE to call or text for support with stressors or issues
* Call or text if you are looking for resources
* Involve family/friends with SUDS team
* Text/call SUDS team when GOOD things happen
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| Goal to work towards | Level of Difficulty | Who to ask for assistance | Targeted Goal Completion Date |
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Recovery Roadmap

“Recovery is a Journey of Discovering and Reclaiming Yourself”

Top 3 Activities To Do Top 3 Activities Top 3 People To Rebuild With Friends/Family To Do By Yourself Relationships With

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Top 3 People To Top 3 People to Have Top 3 People To Ask

 Have Fun With Dinner With For Help

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Top 3 People to Ask Top 3 Outdoor Places Top 3 Support Meetings

 For Transportation To Go

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Top 3 Things To Do Top 3 books/movies Top 3 People To Delete

 With Kids From Phone/Facebook

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