



Underrated  
Superhero

# I Said Yes...Now What?

A Guide to Navigating Early Recovery & Building A Strong Foundation

*The Underrated Superhero*

# “I Accepted Treatment... Now What?” Client Toolkit

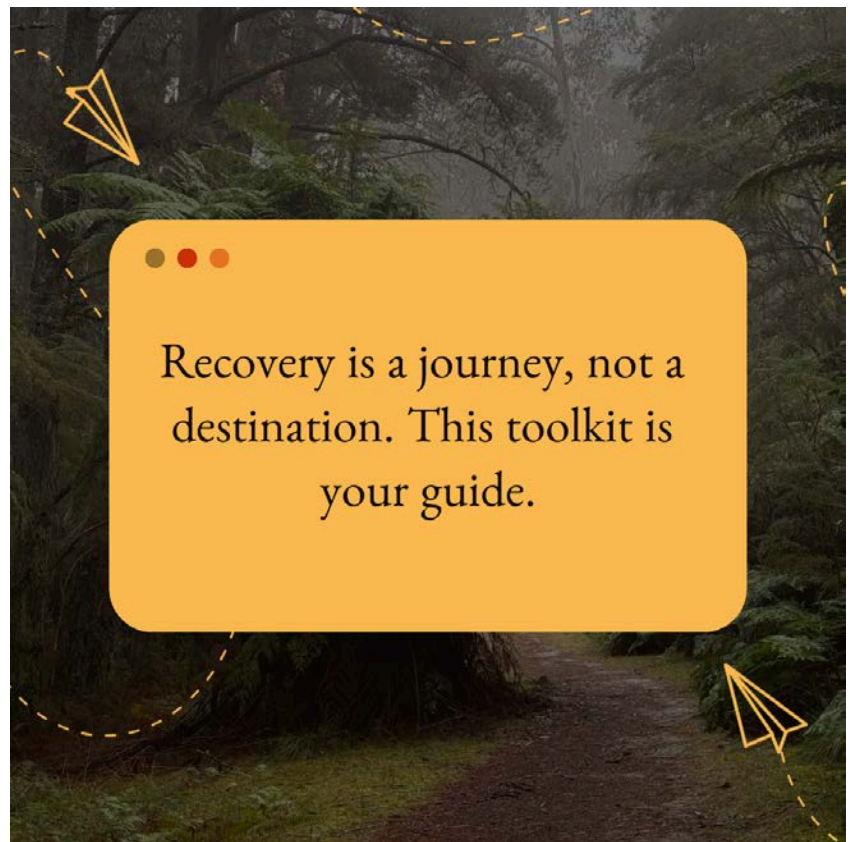
A Guide to Navigating Early Recovery & Building a Strong Foundation

This workbook is designed for individuals who have recently entered treatment for substance use. It provides guidance, structure, and self-reflection exercises to help clients navigate the transition into recovery with confidence.

- **Purpose:** To help clients adjust to early recovery by understanding expectations, planning for challenges, and developing supportive habits.
- **Target Audience:** Clients who have recently accepted treatment (detox, residential, outpatient, MAT, etc.)
- **Format:** A structured workbook with psychoeducation, checklists, reflection exercises, and planning worksheets.

🔗 Looking for more? Ask your provider for additional prep tools on: Timeline, What to Bring, Legal Planning, and more.

These optional inserts can support specific planning needs.





# A Note for You

**Dear**

You made a huge decision by accepting treatment—and I want to say how much that matters.

Starting recovery can feel overwhelming, confusing, or even scary. You might wonder if you belong here, if this will work, or if you're strong enough to do it. That's okay. All of that is normal.

But here's what I want you to remember:

- You don't have to be perfect. You just have to keep showing up.
- You are not alone. Support is available, even on the hard days.
- You said yes to a better future. That's an act of strength.

This toolkit is here to help you through some of those early steps—so use it, reflect with it, and come back to it when you feel stuck.

Recovery isn't about never falling—it's about learning how to rise again and again. And I believe in your ability to do that.

You've got this. And we've got your back.

**— Your Treatment Team**

# Understanding Early Recovery

What to Expect in Treatment & Recovery (Customizable for different levels of care: Detox, Inpatient, Outpatient, MAT, etc.)

## If entering Detox or Inpatient Treatment:

- **First 24–72 hours:** Expect medical stabilization, withdrawal management, and initial assessments.
- **Common challenges:** Discomfort, cravings, missing family, and uncertainty are all normal.
- **Key focus:** Stabilize your body and mind before diving into deeper recovery work.
- **What's next:** After detox, your team will help you plan your next steps—like residential or outpatient care.

## If entering Outpatient or MAT (Medication-Assisted Treatment):

- **Early adjustment:** You'll begin building structure without a fully controlled environment.
- **Balancing life:** Treatment happens alongside work, family, and daily responsibilities.
- **Common challenges:** Staying accountable and managing real-world triggers while showing up consistently.
- **Why consistency matters:** Progress is built through regular therapy, group support, and medical follow-ups.

## Reflection Questions:

What is my biggest concern about starting treatment?

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What am I hoping to gain from this experience?

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# What to Expect in Treatment & Recovery (Detox/Inpatient)

If You Are Entering Detox or Inpatient Treatment

## First 24–72 Hours

- ☐ Medical stabilization and withdrawal management.
- ☐ Meeting the care team (doctors, nurses, counselors).
- ☐ Initial assessments (substance use history, medical exams).
- ☐ Adjusting to the new environment (rules, schedule, group meetings).

## Common Challenges

- Physical discomfort from withdrawal.
- Feeling isolated from family/friends.
- Worrying about what comes next.
- Urge to leave treatment early.

## What to Remember

- Detox isn't treatment—it's the first step toward clearing your mind and body.
- Your care team is here to support you—ask questions, be honest, and take it one day at a time.
- Planning for what comes next is key—detox is just the beginning.

**What Happens Next** ➡ **Step-down options:** Residential, Outpatient, IOP, Sober Living, MAT.

Aftercare planning starts early—talk to your counselor about long-term recovery support.

# What to Expect in Treatment & Recovery (Outpatient and MAT)

If You Are Entering Outpatient or MAT Treatment

## What Your First Week May Look Like

- ☒ Meeting your therapist, group members, or case manager.
- ☐ Learning treatment expectations (schedule, attendance, program goals).
- ☒ Receiving a treatment plan tailored to your needs.
- ☐ Balancing life responsibilities with recovery.

## Common Challenges

- Staying committed without 24/7 supervision.
- Navigating triggers in daily life (work, family, stress).
- Managing cravings or withdrawal symptoms.
- Building a new routine while still adjusting to sobriety.

## What to Remember

- Consistency is key—show up, engage, and be honest in sessions.
- You don't have to do this alone—lean on your support system.
- Medication (if applicable) is a tool, not a cure—MAT works best with counseling and lifestyle changes.







**What Happens Next?** ➡ **Step-down options:** Set short-term and long-term recovery goals with your therapist.  
Explore support groups, sponsors, or peer networks for additional accountability.

# Questions to Ask Staff About Treatment

Helpful Info for Detox, Residential, Outpatient, or MAT

## Start Here—Ask These During Intake or Early Sessions

- ☐ What are my daily responsibilities while in treatment?
- ☒ Who will be my primary therapist or case manager?
- ☐ How can I contact my family or loved ones during treatment?
- ☒ What happens if I experience cravings or withdrawal?
- ☐ How do I transition to the next step after treatment?

Questions	Answer
What if I feel unsure about being here?	 It's <b>completely</b> normal to feel uncertain. Many people start treatment feeling unsure but gain clarity as they go.
What if I don't like my therapist?	 Building trust takes time however, you have the <b>right</b> to request another therapist. You should feel safe and supported.
Can I work or go to school?	 It depends. Outpatient allows <b>flexibility</b> , while residential may require a <b>temporary</b> leave from work or school.
What if I relapse?	 <b>Relapse</b> is a common part of recovery. You won't be judged. Staff will help you learn from it and keep moving forward.
Will my treatment be confidential?	 Yes. Your info stays <b>private</b> unless legally required to disclose it (e.g., danger to self/others).
What happens after treatment?	 You'll work with staff to create a <b>plan</b> — therapy, support groups, housing, and more.

**Remember:** There's no such thing as a bad question—ask what you need to feel supported.

# Preparing for Treatment: Outpatient & MAT Clients

For Clients Balancing Treatment with Work, Home, or Parenting

- ☐ Create a weekly routine that includes work, treatment, and self-care.
- ☒ Arrange childcare or transportation if needed.
- ☐ Use alarms or apps to help you stay on track with appointments.
- ☒ Have a plan ready for cravings and triggers—it helps you stay in control.
- ☐ Share your goals with people who support your recovery.
- ☒ Team up with someone who can help you stay focused and encouraged.
- ☐ Make sure your MAT meds are managed and check in with your provider regularly.

## IOP Clients: How to Prepare for Treatment

For Clients Attending Multiple Sessions per Week but Living at Home

- ☒ Review your IOP schedule and block out time for sessions.
- ☐ Arrange reliable transportation for group and individual therapy.
- ☒ Let work/school know about your IOP commitments (if needed).
- ☐ Plan meals and rest times around your treatment schedule.
- ☒ Set boundaries to reduce distractions during IOP hours.
- ☐ Create a calm, private space for virtual sessions (if applicable).
- ☒ Prepare a notebook or folder to keep track of session takeaways.
- ☐ Tell a trusted support person you're starting IOP and may need backup.

 **Tip:** Treatment works best when life and recovery are planned together.



# Advocating for Yourself in Treatment: Knowing Your Rights & Speaking Up

A guide for clients to ensure they receive the best care, understand their rights, and confidently communicate with treatment providers

## You have the right to

- Be treated with respect and dignity—no discrimination based on race, gender, sexuality, disability, or financial status.
- Receive evidence-based treatment that aligns with ethical and professional standards.
- Have your confidentiality protected under HIPAA (Health Insurance Portability and Accountability Act).
- Get a personalized treatment plan tailored to your specific needs.
- Ask questions about your treatment, medications, and recovery process.
- Refuse treatment or specific interventions if you are uncomfortable (unless under court order).
- Have access to legal and advocacy support if your rights are violated.
- Report mistreatment or unethical behavior without fear of retaliation.
- Seek a second opinion if you feel your care isn't meeting your needs.

 **Speaking up can be hard, but your voice matters in your healing journey.**

- ◆ The facility's patient advocate
  - ◆ State licensing boards for mental health and addiction treatment providers
    - ◆ Legal aid organizations specializing in patient rights
- ◆ More rights information available at [SAMHSA.gov](https://www.samhsa.gov) or your state's health department.

# How to Advocate for Yourself in Treatment

A Guide to Help You Speak Up, Ask Questions, and Get the Care You Deserve

## Ask Questions & Stay Informed

- “Can you explain why this treatment approach was chosen for me?”
- “Are there alternative therapies or medications I could consider?”
- “What are my options if I don’t feel this program is the right fit?”

 **Tip:** Keep a notebook to jot down questions or concerns before appointments.

## Communicate Clearly: Expressing Your Needs with Confidence

- Use “I” statements to explain how you feel and what you need.
- Example: “I feel like I need more one-on-one therapy to work through my trauma.”
- Be direct but respectful when expressing concerns.
- Example: “I’d like to understand the side effects of this medication before I take it.”

## If Something Feels Wrong, Speak Up

- If you feel uncomfortable with a staff member, treatment plan, or therapy approach:
- Talk to your assigned case manager, counselor, or treatment director.
- Request a care team meeting to discuss adjustments.
- Seek support from peer advocates or legal aid if needed.

 **Tip:** If you are in a group setting and feel unheard, request a private meeting.

## Understand Your Options: Leaving or Transferring Treatment

- If you feel unsafe or mistreated, you have options!
- Involuntary clients (court-ordered) should talk to their legal counsel or caseworker.
- Voluntary clients can request to discharge or transfer to a different facility.
- Some insurance plans allow for a second opinion or reassessment of treatment needs.

**⚠️ Reminder:** Leaving treatment early without a plan can impact insurance coverage and recovery. Always speak with your care team or a support person first.



# Common Barriers — How to Push Through Them

Everyone faces obstacles—here's how to move forward anyway.

## Mental & Emotional Barriers

- Fear of losing control: Treatment doesn't mean giving up power — it means learning how to take it back.
- Guilt or shame: Feeling like you've failed doesn't mean you don't deserve help. Recovery is for everyone.
- Fear of withdrawal: Many programs offer medication-assisted detox and comfort care — ask what's available.
- Distrust in the system: If you've had bad experiences, speak up. You deserve respectful, supportive care.

## Practical Barriers

- Work or childcare conflicts: Outpatient and flexible options exist. Support is available to help you manage responsibilities.
- Financial stress: Many centers offer sliding scales, payment plans, or funding options. Don't assume it's out of reach.
- Housing or safety concerns: Transitional housing and sober living programs can help provide stability.

## Social & Legal Barriers

- Fear of losing friends or facing judgment: True support systems grow in recovery. The right people will support your growth.
- Legal worries: Starting treatment can actually support probation or court goals. Ask your provider for help navigating legal needs.

You may still have doubts — that's okay. This isn't about being "fully ready." It's about taking one step at a time.




# Adjusting to Treatment Mindset

The First 72 Hours: What to Expect Emotionally

## The first few days in treatment can feel overwhelming

- Emotional ups and downs – Feeling relieved, scared, doubtful, or hopeful.
- Physical discomfort – If detoxing, withdrawal symptoms may be present.
- Social uncertainty – Meeting new people, adjusting to group settings.
- Doubt or resistance – Wondering if this is the right decision.

 **Tip:** These feelings are normal—and they don't last forever. Adjustment takes time, and the discomfort of the first few days is often the hardest part.

## How to Survive the First Week

- Give yourself at least one full week before making any decisions.
- Stay open to the process, even if it feels uncomfortable.
- Remember why you came here—something pushed you to take this step.

## What If I Feel Like Leaving?

It's common to want to leave treatment early. If you're feeling this way, take a moment to check in with yourself. **Pause before acting.** Leaving on impulse may be a decision you later regret.

1. Why did I come here in the first place?



2. What's keeping me here right now?

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3. What will change if I leave vs. if I stay?


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 **Tip:** Talk to someone—a counselor, peer, or support staff—before making a decision.

# You Are Taking a Powerful Step Forward

Your Decision to Seek Treatment Matters

You might feel a mix of emotions right now—uncertainty, fear, hope, determination. That’s normal. Just by preparing for treatment, you’ve already taken your first powerful step.

Recovery is not about perfection; it’s about commitment, progress, and resilience. Every step you take, no matter how small, moves you forward.

## Remember These Key Takeaways:

1. You deserve support. Treatment is not something you have to do alone—you have people ready to help you.
2. You have a voice. You can advocate for yourself in treatment, ask questions, and make sure your needs are met.
3. Your recovery is unique. No two journeys are the same. What works for one person may not work for another—find what helps you.

## Next Steps: Where Do You Go from Here?

### If You’re About to Enter Treatment:

- Take a deep breath. Trust the process.
- Review the self-advocacy tools to feel confident in speaking up.
- Remind yourself why you made this decision and what you hope to gain.

### If You’re Still Unsure:

- Look back at your reflections in this guide—what fears or doubts are holding you back?
- Talk to someone you trust—a friend, family member, or a professional.
- Remember:** You don’t have to be “100% ready” to take the first step.

## 💛 You're Not Alone — And You Don't Have to Do This Alone

Taking the first step toward treatment takes strength, courage, and hope. Whether you're just beginning or still deciding, remember: healing is a journey, and there are people ready to walk with you.

**Keep this guide as a reminder that you:**

- Deserve support without shame.
- Have a voice in your care.
- Can take small steps and still make progress.

**Need more support?** Reach out to your provider, recovery coach, or support team.

This guide was created by **The Underrated Superhero** as part of our commitment to informed, compassionate, and empowering care.

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