

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Leaving Treatment Without a Safe Place to Go

A discharge companion for housing uncertainty, continuity of care, and the first seventy-two hours.

Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

CHAPTER 1 / 5

Ask for a concrete discharge meeting

Before leaving, identify who can help confirm real options for tonight and tomorrow. Ask the team to distinguish referrals from confirmed placements. Where possible, request written contact details, transportation instructions, medication arrangements, and a backup if the first option falls through.

FICTIONAL EXAMPLE

Rae has a referral but no confirmed bed. At discharge planning, Rae asks, “Who can confirm whether a bed is actually available, and what happens if it is full?”

GUIDED REFLECTION

1. What is confirmed rather than merely suggested?
2. What essential item or document do you need before departure?
3. Who is the named contact if the plan changes?

YOUR PRACTICAL NEXT STEP

Draft four questions to bring to the discharge meeting.

WORK IT THROUGH

Ask for a concrete discharge meeting

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 What is confirmed rather than merely suggested?

2 What essential item or document do you need before departure?

3 Who is the named contact if the plan changes?

PRACTICE / TAKE-HOME ACTION

Draft four questions to bring to the discharge meeting.

My next action, who can help, and when I will review it

CHAPTER 2 / 5

Plan tonight before planning next month

A shorter time horizon can reduce decision overload. Identify a place to be indoors or otherwise safer, food and water, essential medication access, and a way to contact help. Consider weather and accessibility. A service list is not the same as verified availability.

FICTIONAL EXAMPLE

Morgan lists a shelter, then calls to check intake times; a drop-in becomes the daytime backup rather than being mistaken for overnight accommodation.

GUIDED REFLECTION

1. What place can you verify for the next six hours?
2. What do you know about the first night, and what is still unknown?
3. If the first option is unavailable, what is your next safe contact?

YOUR PRACTICAL NEXT STEP

Complete a tonight / tomorrow / backup plan with confirmation status.