

THE RECOVERY DESK

PREMIUM EDITION

When They Come Home

Family transition after treatment or stabilization



Expanded guided resource

27 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original When They Come Home resource is preserved and followed by 12 new guided-practice pages tailored to family transition after treatment or stabilization.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

FOR FAMILIES

You can offer support and set limits, but you cannot control another adult's decisions. Do not use this workbook to pressure disclosure, impose surveillance, demand reconciliation, or stay in an unsafe situation.

01 Plan the arrival

UNDERSTAND

Ask the returning person what they want shared, who will be present, and which immediate needs matter. Prioritize transport, food, rest, and access to appropriate follow-up care.

EXAMPLE - FICTIONAL SITUATION

A family asks whether the person prefers a quiet arrival instead of planning a surprise welcome gathering.

TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

What does the person want the first evening to look like?

What needs confirmation before arrival?

What can be postponed until later?

A SMALL ACTION YOU CAN CHOOSE

Write a first-evening plan with the person's input.

My exact next step, when I will try it, and the support I can request
