

S.H.A.R.E.
Seabrook House Alumni Recovery Experiences
P.O. Box 5055
Bridgeton, NJ 08302-5055

Alumni Recovery Contact Guidelines

One of the most crucial services that Seabrook House provides is connecting the newly discharged patients with an alumni contact in their home community. This responsibility is an important service commitment and has often been reported as a key ingredient in successful ongoing recovery for many alumni. It has been found that a more direct approach to connecting with the newcomer produces better results. The more deeply involved and engaged the alumni contact is, the more likely the newcomer is to follow through with the suggested recovery program.

The patient initially signs a release to give the S.H.A.R.E. Program permission to provide an alumni contact. Seabrook House Case Manager then identifies an alumnus who fits these criteria:

- Six months of clean and sober time
- Is an alumnus of Seabrook House
- Regularly attends 12 step meetings
- Works with a sponsor
- Is available to meet the newcomer within 24 to 48 hours upon arrival and can take them to a meeting
- Is available by phone to stay connected with the newcomer.

Seabrook House Case Managers facilitate the initial telephone contact between the Alumni Contact and the newcomer in the final week of their stay at Seabrook House.

The keys to success with a newcomer are as follows.

The alumni contact:

- Discover exact time of arrival of the newcomer when he/she calls from Seabrook House and asks the newcomer to call within a certain period of time upon arrival home, usually 24 hours.
- Acquires the home/cell phone number of the newcomer, and calls to follow up (if the newcomer has not followed the initial contact suggestion) after they are home.
- Strongly suggest that the newcomer accompany them to a 12-step meeting, introducing them to the location and members of the group.
- Sheds light on the strongly suggested concept of 90 meetings in 90 days.
- Offers to take the newcomer home to be greeted by their family.
- Maintains contact by calling and receiving calls from the newcomer.
- Is willing to share their own experience, strength and hope.... What it was like, what happened and what it is like now.
- Offers to take them to or meet them at meetings.
- If available to introduce the newcomer to other sober people.

- It is also very helpful to ask questions of the patient during the initial call to ascertain their situation upon return. Asking these questions also helps the patient feel safe and cared about by their contact, establishing a rapport with the new/soon-to-be alumni.
 - Have they previously attended 12 step meetings in their community?
 - What is the family situation? Is the family supportive?
 - Do they have friends in 12 step programs?

What an alumni contact is NOT:

- An Automatic Sponsor
- An automatic best friend
- A substitute for a 12 step program
- A chauffer, bank, hotel, legal counsel, financial advisor, job placement / dating agency or source of entertainment
- Perfect

To the patient and newcomer – If your alumni contact doesn't return your call, is not available or is drunk/using, please call the Alumni Services Office at 1-800-761-7575, Ext. 1013, and request another alumni contact!!!!

To the Alumni Contact – If there is a break in the chain of contact with the newcomer, please contact the S.H.A.R.E. Services Office at 1-800-761-7575, Ext. 1013.

