

# seabrook®

## Alumni Services

### Contact Initiative Guidelines

One of the most crucial services that Seabrook 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 informs Seabrook Care Managers or Alumni Relations Specialist of their desire to be given contact information of an alumni who has signed a release for their information to be given. The requirements to be eligible as a contact for newly discharged patients are:**

- Six months of clean and sober time
- Is an alumnus of Seabrook
- Regularly attends 12 step meetings
- Works with a sponsor
- Is available by phone to stay connected with the newcomer.
- Is available/able to take newcomer to a 12 step meeting

**Seabrook Care Managers or Alumni staff will place a call to the Alumni Contact as soon as possible to inform them that their information has been shared with the newcomer.**

**The keys to success with a newcomer are as follows.**

- 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 chauffeur, bank, hotel, legal counsel, financial advisor, job placement / dating agency or source of entertainment
- Perfect

