

We're with you every step of the way

At Behavioral Health Group (BHG), treatment starts the moment you walk in. Whether your healthcare provider sent you, you're coming from another program, or walking in on your own, **we are so glad you are here.**

Your local care team is who you'll see most, and we'll also check in by text or email. There's no one-size-fits-all plan, and **you'll never have to do this alone.**

*Let's go!*

Your Journey begins with BHG...

# Journey to a New Life

**Every milestone matters**—whether it's day 1, day 7, or day 365. We're proud of you for every visit, every step and every win.

## Call or walk in today!

When you're ready, one step is all it takes. Call us or walk in today. Together, we'll build your path to real, long-term recovery.

Scan the code below to learn more and get started:



 To get help call:  
**844-535-7291**

 Or visit:  
**BHGrecovery.com**

 **BHG**  
Behavioral Health Group®

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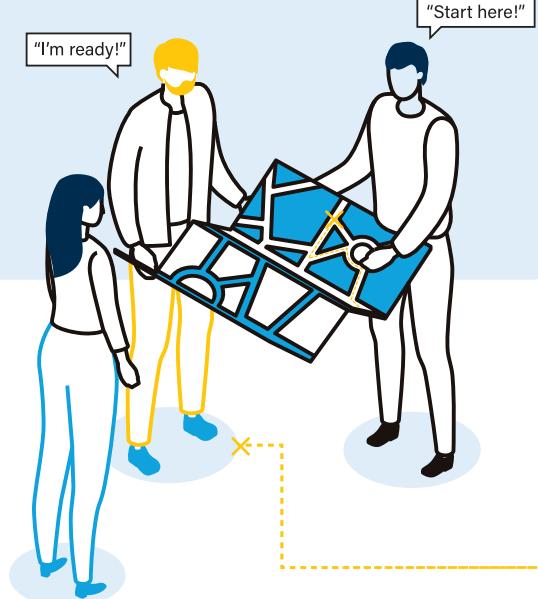
# Your Recovery Journey at BHG

**Evidence-based treatment.**  
**Personalized support.**  
**Real progress.**



## Day one!

You'll have a **BHG care team** by your side and a treatment plan made just for you. Starting can feel scary, but you've already taken the most important step—asking for help. **We'll guide you through the journey, together.**



30  
DAYS



## Phase 1: Your First Days

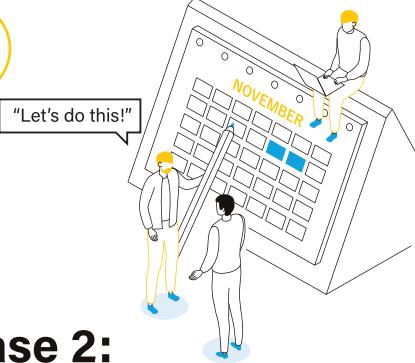
- Same-day help—walk in or call to schedule.
- Complete intake paperwork with our team.
- Meet with a provider for a physical exam.
- Discuss options and **create a treatment plan** just for you.
- Begin medication-assisted treatment right away.
- Come in daily or **get a prescription** to take at home, adjusting your dose according to your plan.
- **Meet regularly with your counselor** – 1:1 and in a group.
- See your case manager for help with insurance, jobs, housing, transportation or other needs.



### Wellness Checks

In addition to coming into the treatment center, part of your recovery program will arrive by **email or text** – celebrating key milestones, providing short **videos** and **quizzes**, and asking for feedback on how things are going.

90  
DAYS



## Phase 2: Building a Foundation

- Continue **medication visits daily, weekly or less frequently**, depending on your plan. Your dosage will be adjusted as needed. You may be able to receive take-home medications for more flexibility.
- Meet with your counselor to **talk about goals** and work through challenges. Join group sessions to learn and share with others.
- Complete regular **urine drug screenings** to make sure your medication is working.
- Meet with your case manager for help with additional needs.



### Wellness Checks

- **Day 30** – Short survey + personal check-in
- **Day 60** – Short survey, watch a video + chance to leave a review
- **Day 90** – Deep dive survey

6  
MOS.

## Phase 3: Digging Deeper

- Ongoing individual and group counseling.
- Adjust your medicine if needed.
- Continue working with your care team on life goals and support.



### Wellness Checks

Continue to learn from the experts on how to stay on track with your recovery journey and let us know how you're doing.

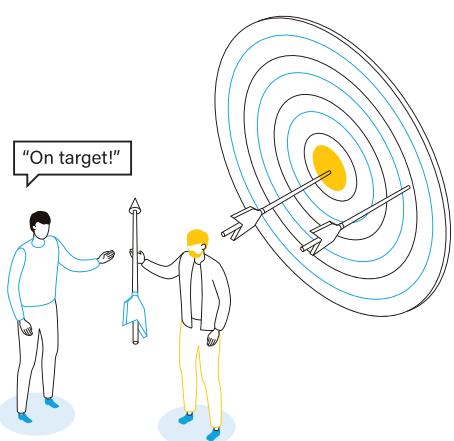
12  
MOS.



## Phase 4: Growing Stronger

- Regular, but less frequent, center visits based on your plan.
- Continued support through counseling, your doctor and case management.

1+  
YRS.



## Phase 5: Recover Out Loud

- Work on long-term goals.
- Stay connected as life changes.
- Support and encourage others on the recovery journey.



### Wellness Checks

**Ongoing** – We'll share key content and videos. Tell us how you're doing and how we can improve. Share how your life has changed with a friend.