

Hi, _____

WELCOME TO THE WRA ***EVENING INTENSIVE OUTPATIENT*** TREATMENT PROGRAM!

A few things about me:

I'm your buddy. My name is _____. I have been here for _____ weeks. I have _____ days clean and sober. I will be showing you around, explaining things to you, introducing you to others, answering your questions, sharing myself with you and getting to know you

First, I want to share a little bit about myself with you. When I first arrived at WRA my biggest fear was:

And what I learned about this is _____

Something I wish I had known when I arrived was _____
And what I discovered

is _____.
The most important thing that my buddy told me was _____

Some things to know about the Center:

- I will show you where your counselors office is. You will do your individual counseling sessions in this office.
- The large room this is where we do all of our treatment groups.
- The Center is a non-smoking facility.
- The bathroom is upstairs.
- The New Directions office (which is the program that assists you with referrals to housing, jobs, schools, legal support and many other things) is upstairs too. You can be referred to this program by your counselor.
- To pay your treatment fees you will check in with the receptionist at the front desk every night. If your bill is paid you will receive a pass to go to group.
- For the first week the group facilitators will ask if there are new clients at the beginning of group. You will be welcomed and asked to introduce yourself.
- Some of bring dinner and snacks to eat on the 15 minute break between the first group and second group.

A few things about you:

I am going to be introducing you in our next process group. I'd like to ask you a few questions about yourself. Your answers would help me to do this.

Where were you born? _____

What astrological sign are you? _____

What is your favorite food? _____

What two "famous" people would you like to meet? _____

What is something about yourself that people are surprised to discover?

What are you hoping this treatment program will help you with? _____ -

Name two things about yourself that you like

As your buddy I am here to help you with your journey of recovery at WRA. If there is something you need or a question you have I will do my best to assist you!

Sincerely, _____, your WRA Buddy

- I will be giving a copy of this to your primary counselor. And, I will use this letter to introduce you at the next process group on Monday or Thursday.