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## SOBER COMPANIONSHIP

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CanAm Interventions offers Sober Companionship to help individuals that need extra support and care in the recovery process either pre- or post-treatment. Studies have indicated that the first 90 days of post-treatment are the most important.

The data is clear that relapse rates are consistent over time after treatment, and the majority of people with an addictive disorder have at least one relapse. It is another well-known fact that the majority of relapses happen within the first three months after treatment. Up to 60% of those suffering substance abuse disorders that have been in treatment do relapse. With relapse rates as high as 75% after treatment it has been shown that with addicts and alcoholic with outpatient support achieve an 80 - 90% abstinence success rate in the first year. Examples of this type of support include Sober Companionship and Family Coaching Services in combination with other recovery processes such as 12-step meeting attendance.

*"In order to carry a positive message - we must develop a positive" - Dalai Lama*

Drawing on my own personal and professional experience of over 22 years in the addiction treatment and recovery field, I am confident that I can give you the best services possible for you or your loved one. Developing an aftercare treatment plan for the patient and family is key to becoming successful in the recovery process. It is very important that the families of addicted persons be involved in the process of healing. This does not mean that the family needs to be involved in all the details of their loved one's recovery process or problems. However, it is crucial for the family to be part of the solution and become educated about the diseases of addiction and alcoholism. Families suffer as much as the addicted person suffers in the battle of not knowing what to do.

CanAm Intervention Services provides an aftercare treatment plan for the family and patient that includes 24/7 care with weekly family coaching services. It becomes a win-win situation for all involved in the recovery process.

The professionals at CanAm Interventions believe in advocating for the family and the patient, keeping privacy and confidentiality first and foremost along with providing the best possible outcomes for continued recovery.

Our services can also benefit the patient pre-treatment when support, companionship, and even an escort to treatment programs and services can be vital to starting the recovery process.

We Provide 24/7 support with a comprehensive and personalized services including:

- Meeting attendance and tracking
- Appointment attendance and tracking
- Educating patients on the "cycle of addiction"
- Setting realistic practical boundaries
- Crisis Management
- Trained recovery workers

- Communications with family members
- Aftercare treatment planning
- Case management with existing addiction treatment services