

GET STARTED ON THE ROAD TO RECOVERY

# Preparing For Rehab Checklist



**MERIDIAN**  
HEALTHCARE

ADDICTION



Whether you've already made treatment arrangements or are just looking into options, it's important to be proactive when preparing for rehab. If you feel you have a million things you want to do and don't know where to start, you aren't alone!

To make this an easier process, we've narrowed down a list to give you the most important checklist items to cross off before you start your road to recovery.

After all, taking the time to make sure these necessary arrangements are taken care of will set you up for success!



### **Tell Your Friends & Family**

This one might be the hardest, so we put it first on the list! It's normal to feel scared or embarrassed to tell someone about your treatment plans, but it's important to let them know where you're going and how long you'll be there.

Friends and family can give you the support needed before, during, and after treatment, so the sooner you tell them, the better!



### **Give Your Employer a Heads Up**

Don't worry about telling your employer about your upcoming recovery treatment! In fact, your employer will probably be happy to hear that you've made the important choice to improve your health!

With the [Family and Medical Leave Act \(FMLA\)](#), you have access to 12 weeks of medical leave, which can help to ensure that your job is protected while you're in recovery, so don't fear that your position is in jeopardy.

Visit [dol.gov](https://www.dol.gov) to see if you are eligible to take FMLA leave.



### **Take Care of Family Obligations**

Do you have children, pets, or loved ones that require your help? Now is the time to start making arrangements with family, friends, and temporary care options. Knowing that your loved ones are looked after gives you the peace of mind needed while you're gone!



### **Make Financial & Legal Arrangements**

To ensure that your bills are paid while you're away, set up automatic payments, schedule future payments, or talk with someone you trust to make payments on your behalf during your stay.

If applicable, let the courts know about your rehab stay so they are aware you'll be unavailable. It might even be in your best interest to get legal approval on paper.



### Leave the Extras Behind

You might be tempted to bring a lot of things with you to make you feel at home, but most treatment facilities have rules about what you can bring with you. It is best to stick to the basics to help prevent distraction and keep the focus on yourself (and your recovery).

It's best to check with the treatment facility to determine what items you can bring with you. At Meridian, acceptable items vary depending on the treatment program you are in, so if you have specific questions, feel free to reach out to the admissions staff for help.



### Prepare Your Home for Your Return

If you want to make your road to recovery easier, removing all drugs (unless approved by a medical professional) and alcohol from your home – prior to your rehab stay – will help you focus on achieving sobriety by eliminating temptation.



### Spend Time With Your Family & Friends

Now that you've arranged for important matters while you're away, take time to enjoy the people and the positive influences in your life. Let them know what steps you're taking so they can encourage you to make the most of your treatment.

**BONUS:** Filling in your loved ones will also help keep you accountable when you return home!



### Set Goals & Track Your Progress

Keep a journal or write down a list of goals you'd like to achieve while in rehab. Then make plans for when inpatient treatment is complete. Document how you're feeling each day so that you can track your progress and be reminded of how far you've come in recovery!

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