



White Wolf INSPIRED LIVING

Not For Profit: Addictions Resource Hub & Alano Club

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Initial Forms & Contract



How It Works

We understand that, when you have a substance use disorder you have to do everything a little differently, and that's what we work to build into every plan. If you want to slow down and decrease the harm related to your addiction, we can help you moderate to a level that's acceptable to you. If that doesn't work, we'll try something else, staying innovative at all times throughout your journey with us.

If your goal is to quit completely, we'll explore the right options for you. While many of us follow the 12 Step Program, we are not sponsors and do not do the Steps with you. What we can do is explore what can be added to your 12 Step Program to make it a more balanced and successful approach. If the 12 Steps are not right for you, we can look into other abstinence-based options, solutions, and resources that may be better suited to your individualized recovery/substance use problem and guide you and your loved ones to the proper resources.

Our main focus is always to guide and help you to a healthier, balanced lifestyle to achieve your recovery goals whether it's complete abstinence or moderation.

IT STARTS WITH A CONVERSATION

We start with a free consultation to determine the best approach. This can be done in person, on the phone or online (Skype, FaceTime, Zoom) where we'll work to get a general idea of what you're going through. After that, we'll put together the program that is unique to you, your lifestyle and your recovery goals, if we can't help you, we'll direct you to someone who can.

We work with people with addictions as well as family members who are looking for ways to support their loved one experiencing an addiction, as well as helping themselves.

HOW LONG WILL IT TAKE?

In most cases, we expect to work with clients for about 6 months or less. During this time, we'll provide coaching that will include what you need to know to understand and recover from your addiction and establish the positive routines in your life to support that. The goal is to work ourselves out of a job, making it self-sustaining and something you can benefit from for the rest of your life. This will depend on the individualized coaching services we've determined are the best fit for your recovery journey.

WHAT NEEDS TO BE IN PLACE FOR SUCCESS?

There are a few principles that are important from the get-go:

- 01** First and foremost, you need to ask for the help – whether you are in recovery already or just beginning or if you are worried about someone else's addiction, please reach out.
- 02** You need to be able to accept the routine that will be part of the recovery plan we lay out for you. Routine is key in every one of our recovery or harm reduction plans.
- 03** You need to be serious about recovery – if you follow what we set out for you there's a much greater chance that you will be successful. This includes being accountable to White Wolf and more importantly, to yourself.

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[whitewolfaddictionservices](#) | [whitewolfrecovery.com](#)



Personal Information

All information is completely confidential. Please print legibly.

Full Name: _____

Name You Would Like to be Called: _____

Gender: _____ Date of Birth: _____ Sobriety Date: _____

Mailing Address: _____

Email Address: _____ Cell Number: _____

Best Time To Reach You: _____

Safe to text, email, and leave voicemail messages? YES NO

Children/Dependents: _____

Children Residing with You? YES NO

Occupation: _____

MARITAL STATUS:

SINGLE PARTNERSHIP MARRIED DIVORCED WIDOWED

OTHER: _____

EMERGENCY CONTACT

Name: _____

Relationship: _____ Emergency Contact Cell: _____

Our Services

We start with a consultation to determine the best approach. After that, we'll put together the program that is unique to you, your lifestyle and your recovery goals.



Addiction History

ALCOHOL

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

MARIJUANA

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

OPIOIDS

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

AMPHETAMINES

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

COCAINE/CRACK

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

HALLUCINOGENS

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

PRESCRIPTION MEDICATIONS

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

OVER THE COUNTER MEDICATIONS

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

BENZODIAZEPINES

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

TOBACCO

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____

OTHER

Ever Used? YES NO
How Much? _____
How Often? _____
First Use? _____ Last Use? _____



Coaching Questionnaire

The following questions are to help kickstart our coaching sessions. There are no right or wrong answers.

WHAT DOES THE WORD SOBER MEAN TO YOU?

WHAT DOES HEALTHY RECOVERY LOOK LIKE FOR YOU?

HAVE YOU TRIED TO GET SOBER IN THE PAST? IF SO, WHAT HAPPENED?

WHAT IS MISSING FROM YOUR LIFE THAT WOULD HELP YOU FEEL FULFILLED?

WHAT AREAS OF LIFE FEEL UNSETTLED OR PROBLEMATIC RIGHT NOW?

WHAT FEARS DO YOU HAVE ABOUT STAYING SOBER LONG-TERM?

IS THERE ANYTHING ELSE I SHOULD KNOW ABOUT YOU?
