

# SERENITY RECOVERY NETWORK

## “MOVING FORWARD” PLAN AGREEMENT

I, \_\_\_\_\_, having entered the Serenity Recovery Network program in Cincinnati, Ohio, on \_\_\_/\_\_\_/\_\_\_, agree to follow through with this “Moving Forward” Plan Agreement upon completion of my residency in the House. I recognize that the assistance and help made available to me while living here are only the beginning of the solution and not the end of the problem. Given this, I know that I stand to increase my success chances at life-long recovery by agreeing to receive continuing recovery support from Serenity Recovery Network and the 12 Step program of my choice.

I agree to attend at least one morning or evening Meditation Meeting per week for at least eight consecutive weeks and afterwards to attend the Serenity Recovery Network Alumni Dinner at least once in the year following my departure from the House. This will allow me at least 2-6 months of continued support in my personal recovery.

If living in the Hamilton County area upon completion of my residency in the House, I will make a concerted effort to meet with staff at least once each week to discuss 12 Step meeting attendance, sponsor contact & step-work. I will strive to make plans in advance of what time this peer support session will occur.

Every single resident who leaves the Serenity Recovery Network does less for their recovery than they were prior to discharge. (That is 100% true.) Both AA & NA suggest 90 meetings in 90 days. The day you leave the Serenity Recovery Network program is a perfect day to begin another “90 in 90”.

-----  
For those who choose not to remain in the Hamilton County area an alternative “Moving Forward” Plan will be agreed upon. All residents who leave the house successfully or administratively will complete a “Moving Forward” Plan. The plan development will begin at least two weeks prior to moving out.

\_\_\_\_\_  
Resident Signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Staff Signature

Date: \_\_\_\_\_