

Increasing Wellness through Reducing Risk - Aftercare Group

Charlotte Behavioral Health Care



Learn to Mitigate the Risk of an Overdose

The road to recovery has bumps (relapse). Many times, individuals leave their detox/recovery program, and, after a period of abstinence, do not realize the risks that follow. Relapse after a period of sobriety can be very dangerous. Whether you currently use drugs, are in recovery, or have a loved one struggling with substance use disorder, you will learn valuable information to mitigate the risk of an overdose and to stop an overdose while it is happening.

Overdose deaths are preventable. This aftercare program offers evidence-based strategies and tools you need to reduce the risks of dying from overdose. Harm reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs “where they’re at,” and addressing conditions of use along with the use itself. Each individual who uses substances set their own goals.

Some topics addressed in the aftercare group include:

- Developing a recovery action plan/support network
- Harm reduction techniques
- Self-care
- Providing a safe and nurturing environment to re-establish sense of community

Not sure about sobriety yet? We invite you to attend even if you are currently using.



The aftercare group meets
every Tuesday & Thursday
from 2:00 p.m. - 3:00 p.m. via Zoom.

Scan this QR code to enter the meeting.
Meeting ID: 892 7001 0438
Passcode: 748410

