



Malvern Institute's Recovery Oriented Community (ROC)

Addiction is a family disease. Malvern Institute has designed the Recovery Oriented Community (ROC), an ongoing network of engagement for the recovering individual and their family during recovery. **Families and patients can join the ROC community. The ROC Helps Families Build a Solid Foundation for Sobriety.** Research indicates that in order to build a foundation for lifelong recovery, a patient needs to engage in treatment for a minimum of 90 days. Malvern Institute's philosophy and treatment design has been developed to provide this foundation. **ROC guides families through healthy boundaries, recovery next-steps, and connects them with other resources tailored to meet each family's unique needs.**

ROC services include specific, personal resources focused on helping individuals and their families navigate their recovery after completing inpatient treatment. Focused on educating and empowering individuals, ROC is a dynamic, state of the art tool utilizing several avenues of communication such as texting, online support, and phone calls. **Sign up today**, and a ROC representative will send you a text message with more information on how to stay connected after completing your inpatient treatment.

1. The Recovery Oriented Community (the ROC) offers education, coaching, and recovery support. The ROC is not therapy or treatment.
2. ROC staff are Malvern employees and are certified addiction specialists.
3. It is **your** decision to share your participation in ROC with family or friends.
4. ROC is here to help guide you in your recovery. We recommend staying with ROC for at least 90 days, but ROC can continue to provide support throughout your recovery process.
5. The ROC is a free service for you. Malvern Institute will do its best to remain responsive to your requests through the ROC program. You should expect a response to a request within 24 hours, Monday through Friday, from 8 am to 5 pm. If you are in crisis during evening or weekend hours, a ROC team member will respond to your request as quickly as possible. You can also call **610-MALVERN** at any time if you are in crisis.

Patient Program Sign Up

First Name: _____ **Last Name:** _____ **Cell Phone:** _____
Email Address: _____ **Zip Code:** _____ **County:** _____

My Age: <25 25-49 50 and up **Gender:** Male Female Choose not to identify

This is my: first time in rehab 2nd or more time in rehab readmission to rehab after 1+ month abstinence

Longest period of abstinence/sobriety: < 1 month 1- 3 months 4-6 months 6-12 months > 1 year

Current involved in: NA/AA SMART Recovery religious community grief share
 individual / family therapy other support group no support group

Relationship Status: single committed relationship married divorced
 separated widowed

Living Arrangements: alone w/significant other w/family w/friends
 sober/recovery house homeless TBD/unknown

Drug(s) of Choice: alcohol marijuana Oxycontin other pain meds Xanax or other benzos
 cocaine/crack heroin PCP/wet LSD/hallucinogens other

Sign Me Up! _____
Signature Date