



# Almost 90% of Former Inmates Return to Drug Use after Release

Within just two weeks, they're 129 times more likely to die of an overdose.

## We can improve these odds.

Incarceration is hard. Re-entry can be even harder. To avoid recidivism, people need all the help they can get.

Too often, they turn back to substances to cope, which can take over and become a major source of their troubles.

It can be hard for them to break the cycle. That's where we can help.

We can help support former inmates and their families as they struggle to re-build their lives.

Youturn Health is a virtual program that **bridges the gap between inaction and seeking treatment** by making support accessible to users grappling with stress, anxiety, depression, or suicidal ideation, wherever they are in their journey.

Youturn Health understands the unique challenges of behavioral health and recovery. **On average, it can take 3.5 months from the initial touchpoint for a participant to take their first step toward recovery** — and we're here to help.



# Youturn

HEALTH

Contact us today to learn how we can help your organization:

**Bridget Kelly** | VP, Growth & Strategic Partnerships  
CALL: 978-328-8787 EMAIL: [bkelly@youturnhealth.com](mailto:bkelly@youturnhealth.com)

[YouturnHealth.com](http://YouturnHealth.com)

We focus on helping you maintain long-term success.



# WHAT WE OFFER

Participants and their families can conveniently access education and support virtually — no matter where they are in their journey.

## PEER COACHING

An established, **strong support network based on lived experience**, where trained coaches can relate to participants and their families through a mix of lived experience, evidence-based strategies, and education.

## ONLINE LEARNING AND ASSESSMENT PLATFORM

Access to an extensive virtual library of educational, inspirational, and insightful videos that **help former inmates understand the nature** of addressing behavioral health challenges, stress management, substance misuse, and suicidal ideation, as well as assessments to determine suicide risk.

*We engage with your struggling inmates and their family members before they reach a crisis point.*

## FAMILY SUPPORT

Almost 75% of people seeking recovery achieve their goal, and studies have shown they are more likely to stay in recovery when their family is involved.

We also provide family members a baseline education on substance use disorders, including recovery and treatment options.

And we provide inclusive family support, which is **vital to positive, long-term outcomes**.

Peer coaches facilitate family healing with the understanding that family support can increase the likelihood that their loved one will seek help for substance misuse and maintain their recovery journey.

## Our Expertise:

Our reputation has been built on evidence-based strategies and informed by the lived experience of our leadership team and coaches, which help us understand the difficulties and nuances of recovery in a way that few can.

## Our Methodology:

- Boundary Setting
- Understanding Addictive Habits
- Self-Care and Coping Strategies
- Mindfulness
- Intervention and Strategies
- Stress Management