



Up to 85% of Adults Leaving Treatment Experience a Relapse Within One Year

Youturn Health is your **partner** in helping prevent them.

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.

Our founders, leadership team, and coaches have all lived through those same challenges and are driven by their mission of helping other patients through effective, compassionate support.

It's not easy. In fact, approximately 30% of people drop out of in-person treatment.

But our program can help guide your patients through your recovery in a new way — and keep them engaged and motivated.

Youturn Health doesn't replace treatment centers, we work with them. Our proven supplementary long-term support tools improve your patients' likelihood of post-treatment success.



INTRODUCING YOUTURN HEALTH

Easy access to support, at any time, at any stage of the recovery journey.

A modern, virtual program, Youturn Health, supports you and your patients at their unique stage of pre-care and post-treatment recovery. We deliver long-term support and the right level of care through end-to-end coaching, family support, and a virtual program with an extensive library of substance abuse and suicide prevention resources.

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Contact us today to learn how we can support your organization

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YouturnHealth.com

We focus on helping you maintain long-term success.



INCREASE YOUR IMPACT.

We offer a confidential, virtual program that meets the needs of the individual's lived experiences, wherever they are on their journey.

WHAT WE OFFER

PEER COACHING

We offer an established, strong support network of NAADAC-credentialed peer coaches to support both individuals and their families. They use Assertive Community Engagement (ACE) strategies and lived experience to guide participants in taking meaningful steps toward maintaining recovery by developing new behaviors and increasing family support and promoting personal accountability.

ONLINE LEARNING AND 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. If appropriate, we are here to support your family as well.

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



VIRTUAL EDUCATION

We provide **access to an extensive virtual library** of educational, inspirational, and insightful stories designed to increase understanding of behavioral health challenges, stress management, substance misuse, and suicidal ideation.

HERE'S HOW:

Our Methodology

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

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.

End-To-End Support

Youturn Health helps participants maintain recovery from the start through to after completion of treatment. Before departing treatment, you are connected with peer coaches who stay involved throughout your recovery journey.

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