



# ONWARD

rise above it.

## Because Staying Connected After Treatment Makes All the Difference

The Alumni Association of Meadows Behavioral Healthcare

## WELCOME TO MBH ONWARD!

Recovery is a lifelong journey, and we've seen firsthand how staying connected to those who've been there can make all the difference. That's why MBH Onward exists — to provide alumni of all MBH programs with ongoing resources and community to empower them to continue the work they began during treatment. Will you join us on this adventure?

- ▶ Encouragement and accountability
- ▶ Check-in calls post-treatment
- ▶ In-person special events
- ▶ Alumni Retreat Weekends
- ▶ Our monthly newsletter
- ▶ The MBH Onward recovery app
- ▶ Daily Recovery Enhancement Groups
- ▶ Alumni Team to provide support

## DISCOVER THE APP

Our recovery app just for MBH alumni puts community, connection, and resources at your fingertips 24-7.



## HIGHLIGHTS INCLUDE:

- ▶ Daily inspiration and practical tips that can help you avoid relapse
- ▶ Prompts to provide structure and accountability by encouraging regular check-ins
- ▶ Community support when you're struggling
- ▶ Connection to Alumni staff when you need help
- ▶ Access to original MBH articles, podcasts, videos, and more



# WHAT WE OFFER

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You're invited to join our thriving community. Here you'll find connection, meaning, and purpose.

## A DEDICATED ALUMNI STAFF

We are a team that is here to actively support you — with outreach calls during your initial recovery period, special events, support groups, and customized app content, all aimed at keeping you connected and engaged.

## ALUMNI EVENTS

Focused on engagement and inspiration, these events are held at a variety of different locations across the country offering recovery-related presentations and hands-on creative activities.

## ONWARD ALLIES

It helps to hear from someone who's been there. Share your recovery experience and serve as a source of support to other alumni in your area.

## SOCIAL MEDIA

Our MBH Onward Facebook page and other MBH facility pages help alumni stay informed and find encouragement on Instagram and Facebook.

## ALUMNI NEWSLETTERS

Our monthly online newsletters highlight engagement opportunities and offer encouragement. You'll also find messages from the Alumni Team along with details on all of our upcoming events.

## WEEKDAY VIRTUAL GROUPS

We offer opportunities to gather online with other alumni every weekday. In addition to our popular Recovery Enhancement Groups, you'll find specialty topics, interactive recovery sessions, and meetings that follow a 12-Step format.

## THE MBH ONWARD APP

Just for alumni of our programs, our app puts community, connection, and resources at your fingertips 24-7. You'll get inspiration, practical tips, encouragement, accountability, and access to original MBH articles, podcasts, and more.

**"Our sole purpose is to be here for you, to engage each graduate on day 1 and still have them engaged on day 1,000."**

**Aleah Johnson**  
Director of Alumni Outreach & Development



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Want to connect?

[mbhonward.com](https://mbhonward.com) | 800-240-5522