A ONE-PAGE SUMMARY FOR PROGRAM DIRECTORS

Clean For Today: Your First 28 Days

Sober Elf Studio
soberelf.com/counselors

Clean For Today is a pocket booklet of 28 short reflections, one page per day, for people in their first weeks of inpatient treatment. Each page takes about two minutes to read. It works without a phone or a screen, because most units restrict both. The same reflections are being made into 60–75 second animated videos for YouTube, so patients can find them after discharge.

HOW IT BACKS UP YOUR STAFF

- **It slows down the walk-out.** The foreword and the "Before You Walk Out" page both ask the reader to wait an hour and tell a person before they leave.
- **It points patients toward your staff.** Day 4 is about the walk to the nurses' station. Days 16, 23 and 24 send them to a counselor or sponsor.
- **It goes home with them.** Days 18–28 are framed for life after discharge: isolation, old roads, family trust, the first Saturday night.
- **The days can stand alone.** Many stays run 14–21 days, so a reader can start anywhere, skip ahead, or take the rest home.

SAFETY LINES ALREADY IN IT

- Suicide and self-harm, on the front page, on Day 5, and boxed on Day 17: *"If a feeling includes wanting to die or hurt yourself, that is an emergency. Tell staff now, or call or text 988."*
- Medication for addiction, up front: *"If you take medication for addiction as prescribed, you're in recovery. That's clean time."*

WHERE IT STANDS

No licensed clinician has reviewed it yet. It goes to an AODA counselor first, and every change they ask for gets made. If they'd cut a page, it's cut.

WHAT A SMALL PILOT LOOKS LIKE

- A counselor reviews the proof, on whatever timeline works for them.
- The center gives written permission, from whoever needs to approve it. A short letter is enough.
- "I print 10–30 copies at no cost to the center, with your readmission number on the walk-out page."
- Feedback stays anonymous: an optional tear-out card with two questions, and no fields for names, dates or initials.
- We talk afterward and decide together whether to keep going, change it, or stop.

WHAT I'M NOT ASKING FOR

Money, now or later. An endorsement. Patient names, stories, photos, or any information about who is in treatment. Use of the center's name, unless the center gives it in writing.

Who made it. I'm Dave B. I'm in recovery, and I've sat in the chair your patients are sitting in six times. Three of those times, I walked out before it was over.

If the answer is no, or not yet, I still want your notes.

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