

Follow-Up Letter for Substance Abuse Recovery Check-In

Date: [Insert Date]

Dear [Recipient's Name],

I hope this message finds you well. I wanted to take a moment to check in on your progress since our last conversation. I understand that recovery can be a challenging journey, and I want you to know that I am here to support you every step of the way.

Have you had the opportunity to attend any support group meetings or counseling sessions? How are you feeling about your goals? It's important to take time to reflect on your achievements, no matter how small they may seem.

If you would like to discuss any challenges you are facing or if you need additional resources, please don't hesitate to reach out. Remember, you are not alone in this process.

Looking forward to hearing from you soon.

Take care,

[Your Name]

[Your Position]

[Your Contact Information]