

For the most difficult
journeys – sometimes
you need a guide.

There is Help. There is Hope.

Recovery from substance use is a deeply personal journey, but it doesn't have to be traveled alone. For individuals and their families, Care Coordinators are there to provide support, guidance, and resources to help navigate life's challenges, improve quality of life, and find pathways to healing and resilience.

Don't wait for tomorrow.

Find your path to
recovery today.

Call, text, or chat 988



LetsBeClearSD.com



COORDINATION

Your personal guide to recovery.



Care Coordinators understand the challenges of navigating recovery from substance use. They are experts in connecting people with treatment and support in South Dakota.



COORDINATION

Your personal guide to recovery.

Call, text or chat **988**
to speak with a Care
Coordinator today.

What is Care Coordination?

Navigating recovery can be overwhelming, but Care Coordination makes things easier. Care Coordination is a free, confidential service that assists South Dakotans with mapping out every aspect of their recovery.

What is a Care Coordinator?

Care Coordinators are locally trained crisis specialists at the Helpline Center in Sioux Falls. They will provide comprehensive, personalized assistance throughout your recovery journey. Acting as your main point of contact, they can help navigate healthcare providers, connect you to appropriate treatment options, community resources and other support services, while also advocating for your needs and monitoring your progress.

Who can participate?

Care Coordination isn't exclusive. It's for anyone who feels they need a bit more help managing their recovery. Care Coordination can also assist family or friends needing extra support or guidance.

Is there a cost?

Care Coordination services are always free. This service is designed to reduce financial concerns so you can focus on getting the right care. There may be additional costs associated with treatment, so always check with your provider or insurance to understand what's covered — but know that the focus is on making resources more accessible and less stressful.

What should I expect?

Initial Assessment

The Care Coordinator will visit with you to assess your strengths, needs, and understand your health goals.

Treatment Navigation

The Care Coordinator will help you understand and access treatment options. It may be recommended that you see a healthcare provider or addiction counselor for an evaluation to determine the best treatment approaches and help you choose the most appropriate path.

Personalized Planning

The Care Coordinator will work with you to develop a personalized plan tailored to your unique strengths and needs. You determine the level of support you need and what is comfortable for you.

Ongoing Support

The Care Coordinator will check in with you regularly to assess your progress, identify potential challenges, and adjust your treatment plan if needed. They will also help schedule appointments and be there to answer any questions you have along the way.

How do I start?

- **Call, text or chat 988:** The 988 Lifeline can get you in touch with a Care Coordinator.
- **Sign Up Online:** You can always sign up online by filling out the form at:
LetsBeClearSD.com/treatment/care-coordination



Care
Coordinators
will **listen.**

Call, text, or chat
988 today.

SOUTH DAKOTA,
**Let's Be
Clear** 
PREVENTION. TREATMENT. RECOVERY.

988
SUICIDE & CRISIS
LIFELINE