



## Recovery Milestones

Attended my first ORT recovery meeting

Script as prescribed-nothing else on top

Begun to detox

Dropped to 90mls

Dropped to 60mls/16mgs

Dropped to 30mls/8mgs

Dropped to 15mls/4mgs

1 day ORT abstinent

30 days ORT abstinent

90 days ORT abstinent

6 months or more ORT abstinent