



COWLITZ FAMILY HEALTH CENTER SUBSTANCE USE DISORDER TREATMENT RESIDENTIAL PROGRAMS INFORMATION

RESIDENTIAL TREATMENT PROGRAMS

FHC operates a residential treatment program at our TRC (Toutle River Campus) that accepts single adults. Treatment stay is typically 1-3 months.

TREATMENT EXPECTATIONS

Our facility is ADA compliant. Patients need to request any needed disability accommodation prior to entering treatment with us. CFHC reserves the right to determine if we are able to provide the accommodation requested.

We expect all of our patients to be able to care for themselves independently (not need assistance with toileting, showering or getting around the facility).

We expect all of our patients to be respectful and courteous to all people within the treatment setting, including staff and fellow patients.

All patients are expected to participate in treatment groups, support their peers, and keep themselves and each facility drug-free. We expect patients to work with their counselors to complete goals and gain knowledge to meet their treatment goals.

The first 72 hours of the patients' stay are considered a "Blackout" period. During the blackout period, patients have limited access to their personal items (to allow staff the time to thoroughly search), are only to make business or child telephone calls, and must be accompanied by another patient to all off-site appointments.

All new patients are assigned a "big brother/sister" upon their entry to our residential facility.

DRUG TESTING

Patients are randomly tested during treatment for drug or alcohol use. Staff collects urine samples and/or conducts breathalyzer tests.

DRESS CODE

Patients are expected to present a neat and clean appearance and dress appropriately during their stay. Patients are encouraged to dress in comfortable clothing that is modest and non-offensive to others.

FACILITY CLEANLINESS

All patients are expected to keep their living spaces tidy and organized and to complete assigned chores.

TELEPHONE GUIDELINES

All patients have phone time each week. Sign up on the phone sign-up sheet for the desired phone time.

TRANSPORTATION SERVICES



Our facility provides transportation for patient appointments and group activities. Patients should request transportation for appointments and/or out-of-facility activities from staff at least 24 hours prior. Transportation availability is dependent on available staffing.

STORAGE OF PERSONAL ITEMS

Patients may store personal items (toiletries, hygiene items, etc.) needed during the course of their treatment stay in designated storage lockers/cubbies that they have access to. Permitted items in the quantities identified on the packing list are stored in the patient's room. Unpermitted items or items exceeding quantities on the packing list will be sent back with the patient's family, stored by CFHC in locked storage or discarded.

If items are left at the facility when a patient leaves they will be stored for 14 days at which time we reserve the right to donate your items to a local charity.

MEDICATION MANAGEMENT All prescription and over-the-counter medications will be stored in a locked area on site. Patients are responsible for requesting access to their medications when they are scheduled to take them.

RELATIONSHIP GUIDELINES All patients are prohibited from dating, flirting, sexual contact, or harassing behavior towards or with other clients or staff members.

COMPLIANCE WITH PRIVACY LAWS CFHC (i) is a covered entity under the Health Insurance Portability and Accountability Act of 1996 (42 U.S.C. 1320d and 45 CFR parts 160 and 164) ("HIPAA"), (ii) operates a substance abuse treatment program that is bound by 42 CFR Part 2, and (iii) is a certified residential treatment facility that is subject to applicable provisions of RCW 71.24 and WAC 246-341. Substance abuse treatment records are protected by the listed laws and regulations and cannot be disclosed without the patient's written consent unless otherwise provided for under applicable law.



WELCOME TO FAMILY HEALTH CENTER!

Please bring your photo ID and your current Insurance / WA Apple Health / Provider One cards with you

Pack one (1) weeks' worth of the following items. Please be mindful of the amount of clothing coming into the facility.

1. Comfort blanket or throw (optional)
2. Slippers (something must be worn on the feet at all times)
3. Shoes - athletic, canvas, etc. (comfortable – closed toe for safety)
4. Flip/flops or shower shoes
5. Coat or jacket
6. Sweatshirt(s)
7. Pants (jeans, yoga pants, etc.)
8. Shorts (athletic and/or casual – fingertip length – seasonal needs vary)
9. Pajamas, sweats, sleep wear (must bring sleeping apparel of some sort with you)
10. Tops/shirts (short or long sleeved – no tank tops/spaghetti straps allowed)
11. 1 week supply Underwear/bra(s)
12. Bathrobe (recommended)
13. Business casual/professional outfits and shoes for court, meetings, etc. (if applicable)

In addition to clothing, you may pack a reasonable amount of the items below:

- Prescribed medications you are currently taking in the original bottle from the pharmacy (FHC will store your medications in a locked location during your stay). Prescription must have been filled in the last 30 days.
- Cell phones (FHC will store your cell phone in a locked location during your stay)
- Up to 3 store bought and sealed snack items
- Nicotine products to last the duration of their stay- must be new in unopened packages
- Stamps/envelopes
- Sugar Free gum
- Alarm clock/radio/CD player with headphones/earbuds
- Appropriate reading material (recovery based, parenting, self-help, etc.)
- New and unopened unscented shampoo, conditioner, toothpaste and unscented deodorant (if alcohol is listed as one of the first three ingredients in your hygiene products, we will need to keep them in another location during your stay). **Hygiene products are provided if needed.**



Reminder: Please note that if you leave our program, we will only hold your items for 14 days. If you have not made arrangements for pick-up by that time, we reserve the right to donate your items to a local charity. Family Health Center is not responsible for any lost or stolen items.

PLEASE DO NOT BRING THESE ITEMS WITH YOU

- Sheets/pillows
- I-pods containing photos or movies
- Jewelry or valuables
- Weapons
- Drugs or drug paraphernalia
- Cologne, perfume or other fragrances for the body
- Incense, candles or air freshener of any kind
- Offensive words/symbols/images on clothing
- Money over the amount of \$30.00
- Medications without a prescription – written consent from a medical provider is required for prescription AND over-the-counter medications for adults and infants/children.
- Pornographic material of any kind
- Portable DVD players
- Vehicles (please do not drive your own vehicle to the facility)

FAMILY HEALTH CENTER WILL PROVIDE THE FOLLOWING DURING YOUR STAY

- Sheets/pillows/blankets/comforters
- Meals for adults and infant(s)/children
- Laundry soap
- Shampoo and conditioner
- Shower soap or body wash
- Feminine products
- Razors
- Deodorant
- Toothpaste
- Toothbrush
- Paper and envelopes