



SUBSTANCE USE DISORDER TREATMENT RESIDENTIAL PROGRAMS INFORMATION

RESIDENTIAL TREATMENT PROGRAM

CFHC operates a residential treatment program at our Toutle River Campus (TRC) that accepts co/ed adults for an average treatment stay of 28 days. We do not allow visitors during the treatment stay. If you have a court ordered child visit we will accommodate one (1) 15-minute zoom visit per week per client.

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 the facility drug-free. We expect patients to work with their counselors to complete goals and gain knowledge to meet their treatment needs.

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 to assist in guiding them through the beginning treatment process.

DRUG TESTING

Patients are subject to random testing 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. Casual attire is acceptable, loose and comfortable clothing is encouraged as temperatures vary within the building. Patients are encouraged to plan for fluctuating outdoor temperatures and bring appropriate attire (i.e. Rain coat). Shoulders must be covered, abdomen must be covered, and shorts must comply with the "fingertip rule." Undergarments should not be visible at any time. Clothing illustrating drug/alcohol use or brands, vulgar language, ethnic/racial slurs, weapon, etc. will not be tolerated in the facility and will be stored until the patient leaves.



FACILITY CLEANLINESS

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

TELEPHONE GUIDELINES

All patients have access to phones daily at designated times to make business, child and personal phone calls.

TRANSPORTATION SERVICES

Our facility provides transportation for patients medically necessary appointments to local entities only. If patients need transportation for other needs they can submit a proposal explaining their need. Proposals will be staffed weekly and if it is found to be necessary, and staff is available, transportation can be arranged.

Upon discharge patients can be transported to the Kelso bus/train station. We do not purchase tickets for patients. This will be the responsibility of family or the referring agency. Patients are also welcome to have family/friends pick them up at the facility. If the patient is successfully completing treatment and has earned a graduation, they are welcome to invite up to two adults to support them in their graduation.

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 and will be made available during scheduled medication passes. If patient is taking methadone they should bring the appropriate lock box for storage in the designated location.

COVID POLICY

If patients display covid related symptoms CFHC will conduct a covid test. If patients test positive for covid they will be discharged for the quarantine duration. CFHC follows the most current recommendations set forth by the CDC for Health Care/Residential Facilities. The patient will need to



contact their referring agency and follow the process to be readmitted into treatment upon completing the quarantine period.

RELATIONSHIP GUIDELINES

All patients are prohibited from dating, flirting, or sexual contact with clients/staff. Any harassing or threatening behavior will not be tolerated and is subject to immediate discharge.

COMPLIANCE WITH PRIVACY LAWS

CFHC abides by all compliance and privacy laws. CFHC is considered a “covered entity”.

(i) 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 COWLITZ FAMILY HEALTH CENTER!

***Please bring your photo ID and your current
Insurance / WA Apple Health / Provider One Card***

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

- Comfort blanket or throw (optional)
- Slippers (something must be worn on the feet at all times)
- Shoes - athletic, canvas, etc. (comfortable – closed toe for safety)
- Flip/flops or shower shoes
- Coat or jacket
- Sweatshirt(s)
- Pants (jeans, yoga pants, etc.)
- Shorts (athletic and/or casual – fingertip length – seasonal needs vary)
- Pajamas, sweats, sleep wear (must bring sleeping apparel of some sort with you)
- Tops/shirts (short or long sleeved – no tank tops/spaghetti straps allowed)
- Underwear/bra(s)
- Bathrobe (recommended)

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 (CFHC will store your medications in a locked location during your stay). Prescription must be current.
- Cell phones (CFHC will store your cell phone in a locked location during your stay)
- Non-perishable store bought and sealed snack items (must be able to fit in a 1'x1' cubby)
- Nicotine products to last the duration of their stay- must be new in unopened sealed packages (this includes vape products)
- Stamps/envelopes
- Alarm clock/radio/CD player with headphones/earbuds (cannot connect to Wi-Fi or have the ability to take photos)
- Appropriate reading material
- New and unopened shampoo, conditioner, toothpaste and deodorant.



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

PLEASE DO NOT BRING THESE ITEMS WITH YOU

- 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
- Large sums of money
- Medications without a prescription – written consent from a medical provider is required for prescription AND over-the-counter medications.
- Pornographic material of any kind
- Portable DVD players
- Vehicles (please do not drive your own vehicle to the facility)

COWLITZ FAMILY HEALTH CENTER PROVIDES THE FOLLOWING DURING YOUR STAY

- Sheets/pillow/comforter/towels/washcloths
- Meals
- Laundry soap
- Shampoo and conditioner
- Shower soap or body wash
- Feminine products
- Razors
- Deodorant
- Toothpaste
- Toothbrush
- Paper and envelopes