

**CHARLOTTE**



**Behavioral Health Care**



**RECOVERY CENTER  
PATIENT HANDBOOK**



# TABLE OF CONTENTS

CONTROLLED SUBSTANCES.....	4
CONTRABAND.....	4
SMOKING POLICY .....	4
COORDINATION OF SERVICES.....	4
VISITATION.....	5
INVENTORY OF PERSONAL ITEMS.....	5
MEDICATIONS.....	5
PHONE NUMBERS.....	5
RESIDENTIAL DETOX DAILY SCHEDULE.....	6
FACILITY EMERGENCY PLAN.....	7

## **CONTROLLED SUBSTANCES**

Controlled substances are not allowed in the Recovery Center, unless specifically prescribed by the attending physician. Any controlled substances brought into the Recovery Center will be discarded and NOT returned upon discharge from the center. It is recommended that any currently prescribed controlled substances be left at home prior to admission. If you have questions about this policy or whether a substance is considered a "controlled substance," please discuss with staff.

## **CONTRABAND**

The following are examples of items that are considered contraband and are not allowed to be in your possession at the Recovery Center:

- **Toiletries:** Mouthwash, perfume, hairspray, medicated lotions or shampoo
- **Clothing:** Short skirts, revealing blouses, tank tops of any kind, shorts above the knee, high-heeled shoes, clothing that references drugs and/or alcohol, clothing with offensive language, pictures and obscenities.
- **Food Products:** Any consumable item from an outside source, including candy, chewing gum, etc.
- **Medication:** Any over-the-counter or prescription medication, including vitamins and supplements brought in their original containers with labels will only be administered with an order from the attending physician.
- **Miscellaneous:** Weapons, stuffed toys, personal pillow, lighter, cameras, radios without headphones, money, purses, wallets, pagers, cell phones, smart watches, etc. (if brought into Recovery Center will be inventoried and returned to you at discharge)

## **SMOKING POLICY**

Charlotte Behavioral Health Care is a smoke-free facility, therefore smoking is not allowed at the Recovery Center. Nicotine Patches are available with a doctor's order during treatment at the Recovery Center. Cigarettes, lighter, matches, and other smoking materials are considered contraband.

## **COORDINATION OF SERVICES**

Your counselor will work with you from day one regarding discharge planning. Part of discharge planning will include identification of services that may benefit you after your discharge from the Recovery Center. Our counselor will help you decide what services suit your needs best. In some cases, you will be asked to make phone calls to set up post-discharge arrangements. In other cases, the counselor will assist you with making the necessary phone calls. Depending upon your situation, some of those services may include, Suboxone maintenance (requires a financial commitment on your part), sober house living arrangements,

outpatient substance abuse treatment/therapy, long term residential treatment program, case management, or FACT Team referrals.

## **VISITATION**

Detoxification clients are not permitted visitation and phone privileges during their treatment stay with us at the Recovery Center. If an emergency arises during your stay, patients can work with the Recovery Center staff to make sure the situation is taken care of.

Residential clients will have an opportunity for visitation during family support groups. Residential clients are permitted a limited number of time-restricted phone calls with their supports, and only after eight days of treatment can calls be made.

## **INVENTORY OF PERSONAL ITEMS**

Your valuables and personal possessions that are considered contraband will be inventoried upon your admission to the Recovery Center. These items will remain in a locked area for safekeeping during your entire stay with us. You will see the list of inventoried items, sign for its accuracy and receive a copy of your personal property inventory to keep.

## **MEDICATIONS**

Prescription medications that are brought into the facility will be turned over to the nurse for safekeeping during your stay at the Recovery Center. The doctor may write an order to continue any medications that you will need during your treatment at the Recovery Center.

Detoxification patients will have medications administered by the nurse on duty at the Recovery Center.

Residential clients will administer their own medications, but administration will be observed by the nurse on duty and medications will be held by the nursing staff at all times.

## **PHONE NUMBERS**

Recovery Center – 941-347-6444

CBHC Crisis Line-941-575-0222 option 1

Text Crisis Support Line- text 741-741

Abuse Hotline – 1-800-96-ABUSE

Local Advocacy Council – 239-338-3301

Program office for Substance Abuse and Mental Health – 850-487-2920



# Recovery Center

## Detox & Residential Programs

### Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:15 AM Wake-up ADL's; Medications; News	6:00-7:15 AM Wake-up ADL's; Medications; News	6:00-7:15 AM Wake-up ADL's; Medications; News	6:00-7:15 AM Wake-up ADL's; Medications; News	6:00-7:15 AM Wake-up ADL's; Medications; News	6:00-7:15 AM Wake-up ADL's; Medications; News	6:00-7:15 AM Wake-up ADL's; Medications; News
7:00-7:45 AM Break	7:00-7:45 AM Break	7:00-7:45 AM Break	7:00-7:45 AM Break	7:00-7:45 AM Break	7:00-7:45 AM Break	7:00-7:45 AM Break
7:45-8:15 AM Break	7:45-8:15 AM Break	7:45-8:15 AM Break	7:45-8:15 AM Break	7:45-8:15 AM Break	7:45-8:15 AM Break	7:45-8:15 AM Break
8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT	8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT	8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT	8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT	8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT	8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT	8:15-9:00 AM Inspiration, Goals & Commitment Advocate & Vitals w/BHT
9:00-9:30 AM Chores & Room Cleaning	9:00-9:30 AM Chores & Room Cleaning	9:00-9:30 AM Chores & Room Cleaning	9:00-9:30 AM Chores & Room Cleaning	9:00-9:30 AM Chores & Room Cleaning	9:00-9:30 AM Chores & Room Cleaning	9:00-9:30 AM Chores & Room Cleaning
9:30-11:00 AM Stages of Change Group	9:30-11:00 AM Stages of Change Group	9:30-11:00 AM Stages of Change Group	9:30-11:00 AM HIV Education	9:30-10:30 AM C.A.R.E. Group	9:30-10:30 AM Peer Steps w/BHT	9:30-10:30 AM Peer Steps w/BHT
11:00-12:00 PM Buildings Group	11:00-12:00 PM Buildings Group	11:00-12:00 PM Buildings Group	10:30-12:00 PM Buildings Group	10:30-12:00 PM Buildings Group	10:30-11:00 AM Peer Steps w/BHT	10:30-11:00 AM Peer Steps w/BHT
12:00-1:00 PM Lunch	12:00-1:00 PM Lunch	12:00-1:00 PM Lunch	12:00-1:00 PM Lunch	12:00-1:00 PM Lunch	11:00-12:00 PM Group with BHT	11:00-12:00 PM Group with BHT
1:00-1:30 PM Work on Goals	1:00-2:00 PM Exercise	1:00-2:00 PM Exercise	1:00-2:00 PM Exercise	1:00-2:00 PM Exercise	12:00-1:00 PM Lunch	12:00-1:00 PM Lunch
1:30-2:30 PM 1:30-2:30 PM 1:30-2:30 PM 1:30-2:30 PM	2:00-3:30 PM Recovery Group	2:00-3:30 PM S.M.A.R.T. Group	2:00-3:30 PM Recovery Group	2:00-3:30 PM Recovery Group	1:30-2:30 PM Clinical Group	1:30-2:30 PM Group with BHT
2:30-4:00 PM Cost Benefit Analysis Group	2:30-4:00 PM Educational Group	3:30-4:00 PM Process Group	3:30-4:00 PM Educational Group	3:30-4:00 PM Educational Group	2:30-3:00 PM Exercise	2:00-3:00 PM Exercise
4:00-4:45 PM Shower/Break	4:00-4:45 PM Shower/Break	4:00-4:45 PM Shower/Break	4:00-4:45 PM Shower/Break	4:00-4:45 PM Shower/Break	3:00-4:00 PM A.A. Meeting	3:00-4:00 PM A.A. Meeting
4:45-5:30 PM Dinner	4:45-5:30 PM Dinner	4:45-5:30 PM Dinner	4:45-5:30 PM Dinner	4:45-5:30 PM Dinner	4:45-5:30 PM Shower/Break	4:45-5:30 PM Shower/Break
5:30-5:45 PM Dinner	5:30-5:45 PM Chores	5:30-5:45 PM Chores	5:30-5:45 PM Chores	5:30-5:45 PM Chores	4:45-5:30 PM Dinner	4:45-5:30 PM Dinner
5:45-6:45 PM Personal Assignments	5:45-6:45 PM Personal Assignments	5:45-6:45 PM Personal Assignments	5:45-6:45 PM Personal Assignments	5:45-6:45 PM Personal Assignments	5:30-5:45 PM Dinner	5:30-5:45 PM Dinner
6:45-7:00 PM Break	6:45-7:00 PM Break	6:45-7:00 PM Break	6:45-7:00 PM Break	6:45-7:00 PM Break	5:45-6:30 PM Personal Assignments	5:45-6:30 PM Personal Assignments
7:00-8:15 PM N.A. Meeting	7:00-8:15 PM N.A. Meeting	7:00-8:15 PM N.A. Meeting	7:00-8:15 PM N.A. Meeting	7:00-8:15 PM N.A. Meeting	6:30-7:45 PM A.A. Meeting	6:45-7:00 PM Break
8:15-9:15 PM Personal Time	8:15-9:15 PM Personal Time	8:15-9:15 PM Personal Time	8:15-9:15 PM Personal Time	8:15-9:15 PM Personal Time	6:30-7:45 PM A.A. Meeting	7:00-8:00 PM C.A.A. Meeting
9:15-10:00 PM Personal Time	9:15-10:00 PM Personal Time	9:15-10:00 PM Personal Time	9:15-10:00 PM Personal Time	9:15-10:00 PM Personal Time	8:15-9:15 PM Personal Time	8:15-9:15 PM Personal Time
10:30 PM Wrap Up & Chores	10:30 PM Wrap Up & Chores	10:30 PM Wrap Up & Chores	10:30 PM Wrap Up & Chores	10:30 PM Wrap Up & Chores	9:15-10:00 PM Wrap Up & Chores	9:15-10:00 PM Wrap Up & Chores
10:30 PM Lights Out	10:30 PM Lights Out	10:30 PM Lights Out	10:30 PM Lights Out	10:30 PM Lights Out	10:30 PM Lights Out	10:30 PM Lights Out

\*\*Schedule is subject to change

# EMERGENCY PLAN

In Case of Emergency Evacuate the Building Using the Nearest Exit Away From Danger

## Recovery Center Building E



### KEY

- Alarm Pull
- AED (Defibrillator)
- Emergency Exit
- Eye Wash Station
- Fire Extinguisher
- Furniture
- First Aid
- Equipment

