

Jay Glynn Recovery Center

Patient Handbook

Charlotte Behavioral Health Care



Behavioral Health Care



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Controlled Substances

Controlled substances are not allowed in the Recovery Center unless specifically prescribed by a physician and approved by the agency medical director. 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 Containing Alcohol or CBD:** All toiletries must be brand new with sealed packaging. No CBD products will be allowed.
- **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. CBHC will provide all dietary needs, including snacks.
- **Medication:** Any over-the-counter or prescription medication, including vitamins and supplements must be brought in their original containers with labels.
- **Miscellaneous:** Weapons, vapes, lighters, cameras, radios without headphones, purses, wallets, pagers, cell phones, smart watches, etc. will be inventoried by staff and returned to you at discharge.

Smoking Policy

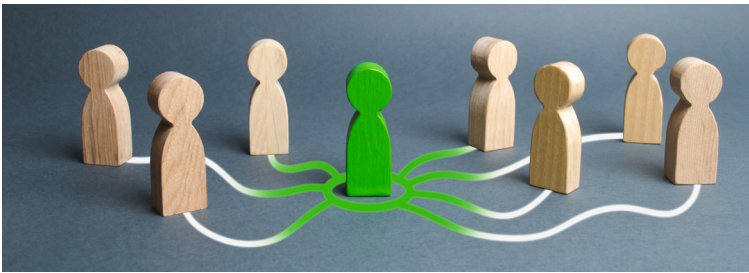
Charlotte Behavioral Health Care is a smoke-free facility, therefore smoking is not allowed at the Recovery Center. Nicotine patches are available through the Department of Health Smoking Cessation program during treatment at the Recovery Center. Cigarettes, lighters, matches, and other smoking/vaping 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. Your 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 use treatment/therapy, long term residential treatment program, case management, or FACT team referrals.



Visitation

After seven days of treatment, residential patients will have an opportunity for visitation during family support groups and are permitted a limited number of time-restricted phone calls with their supports. Some exceptions may be made by the treatment team if they feel it is appropriate.



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 staff for safekeeping during your stay at the Recovery Center. Residential clients will administer their own medications, but administration will be observed by the staff on duty, and medications will be held by the staff at all times.

Phone Numbers

Recovery Center - 941-347-6444

CBHC Central Receiving Facility -941-575-0222

Center for Progress and Excellence 24/7 Mobile Crisis Line 844-395-4432

Text Crisis Support Line- text 741-741

Abuse Hotline - 1-800-96-ABUSE (22873) or 800-453-5145

Disability Rights - 800-342-0823 or 800-346-4127

Program office for Substance Abuse and Mental Health - 813-337-5700

Protect yourself and your family

Wash your hands regularly



Wet your hands.



Put soap on your hands.



Rub the soap over all parts of your hands for at least 20 seconds.



Rinse your hands under running water.



Dry your hands thoroughly with disposable paper towel or hand dryer.

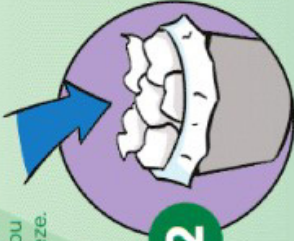
Stay germ free and healthy

Protect yourself and your family

Cover your cough and sneeze



COVER your mouth and nose with a tissue when you cough or sneeze.



Put your used tissue in the rubbish **BIN**.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.



WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

Stay germ free and healthy

Notes

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