



Allumbaugh House

10 Fundamental Principles of Recovery

1. Your recovery is self-directed. You find your way to recovery through personal control, good decision-making, and independence. The choices you make are yours and yours alone.
2. Your path is based on your personal needs, likes, and experiences. If you see your recovery as a lifetime journey, you'll be able to find the best physical and mental health.
3. Your recovery empowers you. You're the only person who can turn your decisions into actions.
4. Your recovery includes your mental, physical, and spiritual needs. It includes your family, friends, job, and community.
5. Your recovery will have ups and downs. It's not a step-by-step process. It's a lifetime process where you grow and build on your setbacks.
6. Your recovery is based on your ability to bounce back, cope, and make use of your talents. Value yourself and build on these strengths.
7. Your recovery includes support from others. Make friends and build relationships. Join groups where you can help others and find purpose for yourself.
8. Your recovery lets you respect yourself. Believe in yourself and meet your goals. Accept and take pride in what you can do.
9. Your recovery shows that you take responsibility for yourself. Find the courage to work toward your goals.
10. Your recovery gives you hope. You can overcome your problems.

MISSION STATEMENT

The mission of Allumbaugh House is to intervene in the process of chemical dependency and mental health crisis by providing sobering, medically monitored detoxification and crisis mental health services to community residents. Allumbaugh House is committed to providing high quality, cost-effective services targeting unmet community needs.

VISION

Allumbaugh House....planting seeds of change.

PROGRAM SUMMARIES

MEDICALLY MONITORED DETOXIFICATION: The Allumbaugh House Detoxification Program provides a critical step in recovering from addiction by supporting clients through the physical withdrawal process. Allumbaugh House provides medically monitored detoxification, chemical dependency education, and referral to outpatient/long-term treatment programs.

MENTAL HEALTH SERVICES: The Mental Health Unit at Allumbaugh House provides short-term stabilization for clients experiencing a mental health crisis as an alternative to in-patient hospitalization. In addition to a safe environment, clients are provided with individualized education and referrals to outpatient services.

SOBERING: The Sobering Program provides a safe environment in which intoxicated people can attain a sober state before returning to the community and their families. The Sobering staff provides medical supervision and conducts chemical dependency interventions for clients who are appropriate for services.

ORIENTATION TO THE UNIT

COMMUNITY MEETINGS

While here, you will discover you are part of a community. This community provides a safe environment where everyday needs are provided and you are able to focus on your physical, emotional and spiritual recovery. Two daily community meetings provide a forum for patients to discuss everyday matters with others on the unit as well as establishing your individual daily goals.

Examples of Community Meeting topics include:

1. Setting goals for the day relating to your recovery/treatment
2. Unit concerns and client safety
3. Client "house" assignments (housekeeping, meal prep, etc)

COMMUNITY GUIDELINES

The following guidelines have been established to make unit living comfortable and safe, allowing you to focus on your treatment:

- Clients of the opposite sex are not allowed to visit each other's rooms
- No physical contact between clients is allowed, this includes hugs, massages, hand-holding, etc.
- Please do not conduct financial transactions of any sort with other patients during your stay (i.e. Gambling, loaning money, requesting financial assistance from others, etc)
- No threatening or aggressive behavior- verbal or physical will be tolerated
- No acts that disrupt the unit or disrupt other clients in their recovery/treatment
- You are expected to participate in unit activities this includes all scheduled groups, and individual treatment needs as identified by staff.
- Doors to rooms must be left open and curtains open during the day for safety reasons.
- Staff will be monitoring you for your safety
- Lights will be dimmed and the TV turned off at 11:00 p.m. until 6:00 am.
- Respect others individualized treatment needs and respect confidentiality
- Be respectful of staff and clients

****Failure to comply with above guidelines may result in discharge from treatment***

As a member of Allumbaugh House, you are expected to:

- Refrain from harming yourself or others. If you feel unsafe, notify staff immediately.
- Comply with community guidelines and limits set by staff.
- Participate in treatment interventions ordered by your physician, including attending groups, medications, family involvement, etc.
- Obtain medications from the nurses' station at scheduled times.
- Participate in unit housekeeping on a daily basis, maintain a neat, orderly & safe environment, make your bed daily & pick up after yourself.
- Maintain personal hygiene and living quarters.

CONTRABAND

Contraband is those items prohibited on the unit for safety/treatment reasons. All items brought onto the unit require treatment staff search and approval. Examples of contraband that are not allowed in clients possessions include, but are not limited to:

- SHARPS-pocket knives, razors, keys, scissors, needles, tweezers, silverware, nail files, wire hangers, glass products etc.
- Curling irons/ blow dryers/electric razors or any electrical item to include fans and electric blankets
- Alcohol/drugs or any product containing alcohol
- Weapons of any kind or boots with reinforced toes
- Glass, mirrors, bottles, vases, picture frames with glass, etc.
- Lighters, matches
- Plastic bags/luggage
- Cans of any source including aerosol
- Dangling/sharp jewelry (wedding rings accepted unless the client is at a risk of losing/giving rings away)
- Animals/pets
- Medications-prescribed and over-the-counter, diabetic supplies
- Electronics such as: cameras, cell phones, I-Pods, walkmans, cd players, radios, lap tops, video game devices.
- Use of personal electronic devices on the unit must be approved by on duty staff and is time specific. Use of cell phones is limited to the area outside the nursing station, again use will be determined based on therapeutic need.

If you are unable to leave prohibited items at home, they will be inventoried by staff and stored in a secure location to be returned to you at discharge.

You will have access to your cell phone during admission to retrieve needed/important phone numbers. After which your cell phone will be turned off and stored during your stay at Allumbaugh House.

CLOTHING AND PERSONAL ITEMS

We recommend comfortable street clothing and we require that you remain fully clothed while in the presence of other clients and staff. Clothing for 3 days is allowed on the unit and should be sufficient, anything in excess of 3 will be stored off the unit. Laundry services are available and laundry baskets are provided. We encourage good hygiene and ask you to shower and change clothes daily. Bare feet are not permitted on the unit for health and safety reasons. Please wear shoes, socks or slippers while on the unit. Extra clothing or scrubs are available if needed. Notify staff if your clothes need laundered. Whenever possible please leave valuables and excessive clothing items at home.

Personal hygiene items are allowed on the unit in small quantities, adhering to contraband rules and are available if needed by Allumbaugh House. Please remember that personal items not allowed on the unit are checked in and out due to safety concerns. However, glass containers and toiletries containing alcohol should be left at home.

VISITING

Visiting is scheduled on Tuesday & Thursday at 6:30 – 8:30 pm. Clients, family members, close friends and loved ones will attend the Multifamily Group and support meeting from 6:30 pm to 7:30 pm with individual visitation time to follow until 8:30 pm.

- Visiting outside these days must be pre-arranged by your psychiatrist or the RN on duty.
- Visitors MUST BE at least 18 years of age. Visitors under the age of 18 years old may visit with the approval of the Psychiatrist and/or Program Manager.
- Visitation will occur in the group room or lounge. No visitors are allowed in the client's room or patio areas.
- Please limit visitors to a maximum of 2 at a time per client.
- Visitors will be asked to leave any personal items (purses, bags, coats, etc.) or other contraband (see contraband) in their vehicle prior to visiting on the unit.
- Nursing staff reserves that authority to cancel or modify visitation, especially when a client or visitor is not behaving appropriately or when the unit is not safe for visitation.
- Any items being delivered to you during visiting must be given to treatment staff first.
- All Visitors are required to sign the visitors log in the lobby.

TELEPHONES

Client phone is available daily from 7:00 am to 11:00 pm. The phones are off limits/turned off during groups and lights out. Clients are responsible for answering the phone and managing the calls. We ask that you limit phone calls to 10 minutes each as all the clients share the phone. The number to give to friends and family you would like to call here is 377-9669 ext 4. Long distance call cannot be made from this telephone.

GROUPS

As part of your treatment plan at Allumbaugh House you are expected to attend and participate in groups daily. The more you participate in group, the greater you are likely to benefit.

** Group schedules are posted in the dayroom.*

MEALS/SNACKS

Meal times:	Breakfast 7:00 - 9:00	Lunch 12:00 - 1:00	Dinner 5:30 – 6:30
Snack Times:	10:30 – 11:00am	3:00 – 3:30pm	8:30 – 9:30pm

The kitchen is closed outside of scheduled meal times. Three nutritionally balanced meals are provided on the unit daily as well as three scheduled snack times. Water and coffee are available throughout the day. Food and drinks are permitted in the dining area only. Personal snacks and food items require staff search/approval and will be stored in the kitchen with access during scheduled meal & snack times.

SMOKING

Please remember smoking is a privilege and is allowed on the back patio only. The smoking patio is closed during group times and from 11:00 pm to 6:00 am. **YOU MUST PROVIDE YOUR OWN CIGARETTES**. Asking others for cigarettes may result in exclusion from the smoking area. Clients and visitors may not have lighters or matches at any time while at Allumbaugh House. Smoking is not allowed during scheduled unit activities. Visitors are not allowed in the smoking area.

MEETING WITH YOUR DOCTOR

Your admission at Allumbaugh House will include meeting with a Psychiatrist and/or Nurse Practitioner.

- Your first visit with your treating medical provider will occur within 24 hours of your admission to Allumbaugh House. If you are admitted for detoxification services you will receive a History and Physical conducted by our Nurse Practitioner. If you are admitted for Mental Health services you will have a psychiatric evaluation conducted by the Psychiatrist scheduled on shift.
- Your final visit with your treating medical provider will occur upon discharge. This visit will allow you the opportunity to review your discharge plan.

**** You WILL NOT be seen on a daily basis by you treating medical provider. If you have medical questions or concerns that arise after your first admission visit you will need to report those issues to the Nurse on shift. The nursing staff will address your needs and concerns accordingly and report your issue to the treating Psychiatrist/ Nurse Practitioner. In certain circumstances you may be scheduled for a follow up visit with the treating medical provider after the Treatment Team has reviewed your concerns. ****

MEDICATION

- Allumbaugh House provides medication for your mental health or detoxification needs during your stay.
- Any medication brought to Allumbaugh House must be given to the nursing staff.
- A photograph will be taken of you to ensure the safe administration of your medication.
- Personal medications must be clearly labeled with the prescriber identified. All personal medications will be verified by nursing staff before use. If your medication is not available at Allumbaugh House, your personal supply will be used.
- Your physician will evaluate all medications that have been previously ordered and will make changes as necessary.
- Medication education will be completed by the physician and nursing staff. You may also request specific written information regarding your medication including uses, side effects, and what to monitor at home.
- Remaining personal medication will be returned at the time of discharge, unless otherwise ordered by your physician.

Your daily scheduled/routine medications will be passed according to the following schedule:

- Morning meds - 9:00am
- Midday/noon meds - 2:00pm
- Evening – 5:00pm
- Night/Bedtime meds – 9:00pm

Medications are dispensed at the medication room. Scheduled medications will be dispensed once the nurse has prepared the medications for the unit. When you are notified that medications are ready, please cooperate by remaining in the area of the nurses' station until you've received your medications or have been directed otherwise.

Some medications are ordered on an as needed basis . These meds are commonly referred to as PRN medications. PRN medications ARE NOT SCHEDULED MEDICATIONS AND ARE ONLY AVAILABLE UPON REQUEST. The nurse will need to assess your need for the medication, monitoring blood pressure, asking you questions about your symptoms, etc. The need to assess you is part of the orders with the medication. If you have any questions about your medication, please talk with your doctor or nurse.

DISCHARGE AND DISCHARGE PLANNING

Discharge planning needs are identified at the time of admission. Allumbaugh House Treatment staff will begin your formal discharge process approximately 48 to 72 hours before your anticipated discharge date. The Treatment Staff will assist you in the discharge plan process with indentifying community resources and services available that directly relate to your identified treatment needs and follow up care. Your follow up medical and psychiatric provider services will need to be identified and scheduled prior to your discharge. All prescribed medications that you will be discharged with will require you to have a scheduled follow-up appointment with your identified medical or psychiatric provider or clinic. If you do not have an established medical or psychiatric provider the Treatment Staff will assist you in finding a community provider to meet your follow up care needs. Nursing staff will discuss your medication needs with you.

Once all your community follow up care needs have been identified and arraigned you will then be scheduled to meet with the Nurse Practitioner if you are a detox client. If you are a mental health client you will be scheduled with the treating psychiatrist. At this meeting you will receive your discharge orders as well as have the opportunity to discuss/clarify any final discharge needs or concerns.

Discharging from Allumbaugh House will occur after 12:00pm, if you have a specific need to discharge prior to noon you will need to obtain special permission and report your needs to the treatment team at the time you begin the discharge planning process.

If you decided to discharges on the weekend (Saturday or Sunday) or before noon on Monday you will require prior planning to allow for Treatment Staff to coordinate and schedule follow-up appointments with your identified medical or psychiatric provider or clinic before the weekend. Doctor's offices and community service providers are not open on the weekends, preventing Treatment Staff from coordinating your after care needs.

****** If you feel the desire to discharge immediately without participating in the discharge process as described above the treatment staff will not be able to accommodate your discharge needs and your discharge potentially will be treated as a self initiated discharge without the support of the Allumbaugh House Treatment Staff.

