



POP-OUT

PATIENT GUIDE

THE BASICS YOU NEED TO KNOW

NM September 2018



Welcome!

If you are reading this you have either expressed interest in the Transitional Aged Youth treatment program (TAY) at Valley Vista, or you are already here. Below you will find information that will be helpful to you in understanding the program, rules and expectations.

The TAY runs as a group model, meaning that we do a lot of different groups throughout the day. The groups cover both substance use and mental health information. We work to tap into your creativity and/or active nature. We practice mindfulness and encourage you to WORK.

WORK = AWARENESS + ACTION.

We use the Seven Challenges model throughout our program. You will learn more about this when you arrive, but we want you to know that during your stay we want you to be able to talk about all aspects of your drug, including what you liked, what you didn't and most importantly where you want to go from here.

Once you begin to understand how you think and how you feel with a clear mind (AWARENESS), you can begin to make steps toward the goals you identify (ACTION). We are not here to tell you drugs are bad. We are not here to tell you that you have to stop using. We are here to help you assess with awareness and make a plan based on what you believe is the best course of action for you by making thoughtful decisions. It can be an exciting process!

You will have individual therapy once a week with your Primary Therapist. You may also have some family sessions with your parent(s) or primary caregiver. Family sessions can be in person, by telephone or through skype.

Our Educational Program is 5 days a week during the regular school year, and modified during the summer. School is 2 hours a day Monday through Friday. Most often, your sending school (where you were doing your educational programming before you came to treatment) will provide you with assignments either online or by mail. We hope to help you keep up with your work or get caught up, while you are away. We support most alternative educational programs too! (GED, High School Diploma through Adult Education or online schooling).



We have a level system. The system is designed to increase your motivation and provide rewards for your hard work, while also helping you practice leadership and healthy communication skills. Below is the basic outline:

Orientation: This is the level on which you arrive. Below are ways to move up to Level I.

- Full cooperation with medical and psychiatric orders
- Completion of orientation
- Active participation in all groups
- Participation in school
- Completion of chores
- Demonstration of responsible behaviors in the milieu and community
- Family participation in Family Programming/Family Therapy
- Three (3) Harmfuls written, approved, presented and passed
- First Things First
- Daily Seven Challenges Journaling
- Outline of Drinking and Drug story (life story) The Timeline

BENEFITS OF ORIENTATION LEVEL

- Two phone calls per week to parents or primary caregiver- 10 minutes each call.
- Suite privileges (You can hang out with peers in the room connected to yours as long as EVERYONE has the privilege - meaning no one is on a restriction/level freeze or packed bag status).
- Automatically moved up to Level I once assignments and expectations are met

Level I: What you can achieve on this level...

- Full cooperation with medical and psychiatric orders
- Completion of orientation
- Active participation in all groups
- Participation in school
- Completion of chores
- Demonstration of responsible behaviors in the milieu and community
- Family participation in Family Programming/Family Therapy
- Completion of (4) four Harmfuls for a total of (7) seven.
- Presentation of Drinking and Drug History (approved in advance by therapist)
- Completion of Triggers and Coping Skills assignment
- Daily Journaling in Seven Challenges

BENEFITS OF LEVEL I

- *Two phone calls per week to parents or primary caregiver- 10 minutes each call.*
- *Suite privileges*
- **Addition of a support person to your call list**
- **Music with headphones in specified areas only.**



To move up to Level II you must:

- Have ALL staff and ALL peers fill out the “What I Need To Work On”
- Present to the community after it is filled out, identifying recommendations
- Demonstrate positive progress toward recommendations for 3 days
- Have ALL staff and All peers fill out the “Yes/No” sheet and the attached application. You must have unanimous “Yes” to move up. If you do not, you may be asked to work 2-3 more days on your goals before getting the Yes/No sheet re-signed.

LEVEL II-What you can achieve on this level...

- Full cooperation with medical and psychiatric orders
- Completion of orientation
- Active participation in all groups
- Participation in school
- Completion of chores
- Demonstration of responsible behaviors in the milieu and community
- Family participation in Family Programming/Family Therapy
- Daily journaling in Seven Challenges
- **Co-lead a group of your choice with staff.**
- **Begin aftercare planning and relapse prevention/moderation management plan journal/assignments.**

BENEFITS OF LEVEL II

- *Two phone calls per week to parents or primary caregiver- 10 minutes each call.*
- *Suite privileges*
- *Addition of a support person to your call list*
- *Music with headphones in room during down time or at bedtime,*
- **Visitation of non-family support person after they participate in family programming**
- **First Day Pass- must be planned with primary therapist in advance**
- **Supportive cleansing of social media accounts (going to the local coffee shop to edit and process messages on Facebook, Twitter, Snapchat, Tumblr, etc.). Editing contacts on phone if available.**
- **1 Get Out of Group Free pass**

Level III- What you can achieve on this level...

- Full cooperation with medical and psychiatric orders
- Active/Leadership participation in all groups
- Leadership in school
- Leadership in completion of chores
- Demonstration of responsible behaviors in the milieu and community
- Family participation in Family Programming/Family Therapy
- Completion of (5) five additional Harmfuls for a total of (12) twelve.



- Daily Journaling in Seven Challenges
- Co-lead a family programming session
- Prepare and present a Clinical Recreation group with group leaders
- Completion and presentation of Relapse Prevention Plan / Moderation Management Plan to family and peers.

BENEFITS TO LEVEL III

- *Two phone calls per week to parents or primary caregiver- 10 minutes each call.*
- *Suite privileges*
- **Music with headphones in common areas**
- *Phone calls during unapproved times*
- *Visitation of non-family support person after they participate in family programming???*
- **Second Day Pass- must be planned with primary therapist in advance**
- **Additional phone call to support persons, family or friend (equaling 2 per week).**
- **Unstructured time, clinical task work hours may be spent in room.**
- **3 Get Out of Group Free pass**
- **Ongoing Supportive Cleansing** of social media accounts (*going to the local coffee shop to edit and process messages on Facebook, Twitter, Snapchat, Instagram, etc.*). *Editing contacts on phone if available.*
- **Use of phone in designated space for designated time. Must process with therapist- must share password/code.**
- **You've gotta be getting out of here pretty soon! ... Get ready to Go Do Life!**

To move up to Level III you must:

- Have ALL staff and ALL peers fill out the "What I Need to Work On"
- Present to the community after it is filled out, identifying recommendations
- Demonstrate positive progress toward recommendations for 3 days
- Have ALL staff and All peers fill out the "Yes/No" sheet and the attached application. You must have unanimous "Yes" to move up. If you do not, you may be asked to work 2-3 more days on your goals before getting the Yes/No sheet re-signed.
- Present a topic to Family Programming Group



Some important things to know that could cause early discharge:

- Violence is not an acceptable form of communication in treatment. Respect for property and people, including yourself, is paramount to maintaining a safe and therapeutic environment. RESPECT AND KINDNESS rule here.
- Possessing weapons or drugs is dangerous for everyone. Don't Do It.
- Physical or Verbal threats in any form can lead to restrictions or discharge.
- Bullying or Harassment are unnecessary and hurtful. We expect everyone to honor the personal journeys of each individual through mutual-RESPECT AND KINDNESS
- Sexual Contact is not permitted.
- Hands on another person is not permitted.
- Theft

Some important things to know that often cause loss of focus on treatment:

- Secret keeping and whispering are indicators of focusing efforts in the wrong direction for treatment. Knowledge of or information regarding abuse of medications or other addictive behaviors should be brought to light to help support those who are struggling. Enabling such behaviors through secret keeping or omission can lead to consequences.
- Exclusive relationships – having friendships with only one or a small group and avoiding other connections.
- Accessing internet accounts without staff supervision or permission

Negative consequences do exist. Try your best to avoid them.

- **Level Freeze**- level is frozen where it stands until an assignment is completed and processed with community. (24 Hour mandatory loss of privileges)
- **Level Drop**-drop a level and demonstrate leadership behaviors to move back up. You may have to reapply.
- **Packed Bag Status (PBS)**- this one is big. If you are asked to pack your belongings, you will have to do so and put all bags in the staff office. You will have an opportunity to complete an assignment and present to the community. PBS lasts for 48 Hours minimum. Loss of all privileges and a Level Drop.
- **Loss of privileges**- including phone calls and visits may be a consequence at any time. If you want to know more... there are many more details provided in the binder you receive upon arrival and will also be reviewed in orientation.
- **Blackout**- this is an intervention to help you refocus on what is important. You! So, if you have regular conflict with a peer, or if you are spending too much time with one peer, or if you seem to make poor choices when you are with a certain person, staff will place you on blackout. This means that communication between you is interrupted for at least 1 full week. During this time, you will be in a separate space from them during down times. You may not sit near them in group or communicate with them without staff support until it can be managed in a healthier way. There will be therapeutic intervention with your therapist and the peer over the week to help identify how to move forward.



This is the base. You will get a rundown of the other information during your orientation and a full copy of the handbook will be in your binder, provided on intake. Please know that we want you to have the best experience you can in this program. Many of the rules are in place for safety (emotional and physical) and to allow you to get yourself motivated toward a new and healthier version of you. Do not hesitate to ask questions if you do not understand a rule or why we do things a certain way. We look forward to working with you.



PACKING LIST

Restricted Items

Please do not bring these types of items into the facility:

Mesh or see through clothing

Uniforms or scrub suits

T-Shirts depicting drugs/alcohol, violence or gangs

Loose powder substances

Scissors, knives, or weapons

Aerosol cans

FOR MINORS ONLY - Any tobacco products, or ANY tobacco pouches or cans.

Tobacco use by minors is illegal in the State of Vermont.

Cameras

Bleach

Glass

Food (aside from gum or individually wrapped hard candy/chocolate)

Towels

Shoe polish

Allowable Items

18-22-year old's may have tobacco in the form cigarettes. No vapes, chewing tobacco or other products. Cigarettes will be held by staff. Staff will not purchase cigarettes for any patient. If a patient cannot obtain cigarettes from supports then nursing will offer nicotine replacement. If a patient is found to share cigarettes with minors he could be charged and it is immediate grounds for dismissal. If a patient shares his cigarettes with other patients it may lead to other restrictions, including loss of cigarette breaks for both parties.

Shorts Mid-thigh length swim shorts.

Shirts must reach top of pants. Underwear should not be visible.



Games, cards, or posters that are supportive/ appropriate in nature are allowed.

Gambling is not permitted.

Cell phones or tablets will be put in the safe until your TAY reaches a level where they can use them

iPods/MP3 players are allowed (when you reach level) if they are not Wi-Fi accessible and do not have a camera.

Only pump sprays that are alcohol free (hair gels & mud are ok if new & sealed)

Bedding (sheets, pillows, blankets...) Beds are single size- we do provide linens but you can bring your own.

Gum/Hard Candy must be new & sealed or individually wrapped

Hats are allowed other than in groups or at meal times

Knapsacks/suitcases (all luggage will be kept in Security)

Please bring these items with you into the facility:

Earbuds or headphones

Appropriate clothing for season (i.e. Winter Boots, hats, gloves)

Appropriate footwear for activities (i.e. Sneakers, activewear, shorts, sweats)

Please bring toiletry items – including shampoo, conditioner, soap, toothpaste, toothbrush, hair products, razors etc.

If your TAY has an allergy to specific laundry soap – please send your own (must be unopened)

Covered Water Bottle- transparent preferred

You may hold a maximum of \$10 on your person for the purchase of stamps.

Your TAY will be given a 3-ring binder when they arrive at the facility, included in it is a notebook, pencil, loose leaf paper & envelopes. If they would like, they can bring in their own pens, stationery, stamps, etc.

Please do not bring envelopes and/or stickers.

**Other materials and/or items may not be allowed per staff discretion. **