



# SUPPORT Guidebook

Valley Vista

2018

**“Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one.” - Jane Howard**



## Welcome!

*We would like to extend a warm welcome and encouraging support to you as you enter your loved one into treatment. This has likely been a difficult journey so far, and we hope through education and compassionate encouragement we can guide you and he into recovery and wellness.*

*Below is a brief outline of what we offer at Valley Vista. You may access our patient handbook or contact staff to obtain more information or ask details not listed here. We hope this helps you feel confident in your decision to entrust our staff with your Transitional Aged Youth (TAY) and help them pilot themselves toward a new lifestyle.*

**Programming:** *Our program is a group-based model, which means we offer a variety of groups each day, paired with an hour of individual therapy per week. Groups include skill building, mindfulness, psychoeducational information, mental health awareness and symptom management, mood management and relapse prevention/moderation management to name a few. We also offer team building groups and physical activity including outside time, yoga and boxing. We have a therapy dog that visits once a week.*

**Educational Programming:** *Educational programming is offered 5 days a week for 2 hours a day during the regular school year. It is often modified but still active during the summer. Typically, our education staff, including the Educational Coordinator and the tutors, will support your TAY in working toward their educational goals. We will connect with the school your TAY is enrolled in for assignments, or we will support alternative educational paths online, GED studies or using other adult learning programs.*

**Nursing:** *We have 24-hour nursing staff who administer medications on a schedule. Your TAY will work with the psychiatrist or mental health professional if needed. We ask that outside appointments for non-emergent medical or dental needs be postponed until after treatment. You will be contacted regarding any medication changes, but be sure to understand guidelines shared at admission regarding sleep medications and nicotine replacement options.*

**Family visitation** *is on Sundays from 1:30-4:00 pm. Please arrive by 1:15 for check in. Visits typically begin after the first full week in treatment (7 Days).*



*ALL family visitation days will include a family group, multifamily group or presentation. We strongly encourage your regular participation in each Sunday's Family Programming. If you are late, you may be asked to wait in the lobby until group is finished, depending on the topic.*

***Family therapy*** is also a component of treatment and will be scheduled by the Primary Therapist working with your TAY.

***Phone Calls:*** Your TAY will receive a free phone call on their first night to check in with you. Ongoing calls will be allowed at 2 per week (10 minutes each) until achievement of Level I. The level system is outlined in the patient handbook. TAYs can also add a sober support call, meaning any person your TAY and you find are supportive and helpful toward your TAY's wellness goal. This person can be added after Level I achievement.

*If there is an emergency or a challenging situation arises and you need to get ahold of your TAY we encourage you to contact the primary therapist assigned to your TAY FIRST. If they are not available or it is after hours please contact staff, notify them of the emergency/situation to ensure staff are available to be supportive to your TAY after the call.*

*The number is 802-222-5201 x 351 for the staff office.*

*If you are not able to get through you can hit 0 and will be redirected to the reception area where you can ask a staff to notify a staff/primary therapist to call you back ASAP.*

***Packages:*** You may send in care packages, but please do not send home made baked goods. Food coming into the facility must be in a sealed container from a store. We do try to limit candy and sugar but can accommodate gum and individually wrapped hard candies. No other food please. The TAYs have access to food during meal times and snack times. You are welcome to send in art supplies, books, clothing or other approved supplies. A packing list is provided at the end of this document. To maintain confidentiality of your TAY please address packages to them without using Valley Vista:

*John Doe*

*23 Upper Plain*

*Bradford, VT 05033.*

***Aftercare:*** We work hard to collaborate with services in your area or the community that your TAY is returning to, in order to arrange support services such as individual, family and group



*therapy, support meetings, primary care, and educational resources. Although plans are individualized, most patients leave with comprehensive services already arranged.*

***\*\*IF BELONGINGS ARE LEFT BEHIND, WE CANNOT MAIL THEM OUT. WE WILL HOLD THEM FOR 30 DAYS FOR YOU TO COME GET THEM.***

*If you have any further questions you can contact the Program Director or the Primary Therapist assigned to your TAY. We are here to help.*

*Nicole Mitchell MA/LADC/CATP/RYT*

*Transitional Aged Youth Program Director*

*802-222-5201 x322*

[Nicole.Mitchell@VVista.net](mailto:Nicole.Mitchell@VVista.net)

*Cassie Manning BA/AAP/CATP*

*Primary Therapist*

*802-222-5201 x333*

[Cassie.Manning@VVista.net](mailto:Cassie.Manning@VVista.net)



*\*\*Below are some helpful resources for you.*

## **THE BASICS FOR PARENTS AND SUPPORTS**

- **REMOVE SUBSTANCES FROM YOUR HOME.**
  - ALCOHOL, DRUGS, PRESCRIPTION DRUGS, COLD AND FLU MEDICINE, ALLERGY MEDICINE.
  - LOCK UP NECESSARY MEDICATIONS.
  
- **KNOW YOUR TAY'S FRIENDS AND THEIR SUPPORTS**
  - ASK YOUR TAY TO INVITE NEW FRIENDS OVER. GET TO KNOW THEM.
  - BUILD A RELATIONSHIP OR AT LEAST CONNECT WITH THE PARENTS OF NEW AND OLD FRIENDS SO THOSE PARENTS ARE CLEAR ON YOUR EXPECTATIONS FOR YOUR TAY (IF APPROPRIATE).
  
- **ADOLESCENT BRAIN DEVELOPMENT (14 THROUGH 25-YEAR OLD)**
  - REVIEW RESOURCE GUIDE PROVIDED AND UNDERSTAND THE DIFFERENCES BETWEEN THE ADOLESCENT BRAIN AND THE ADULT BRAIN.
  
- **SUPPORT YOUR YOUTH IN SEEKING AND PARTICIPATING IN HEALTHY ACTIVITIES TO REDUCE BOREDOM AND EXCESSIVE FREE TIME.**
  - TALK ABOUT WHAT YOUR YOUTH IS PASSIONATE ABOUT
  - WHAT ARE THEY INTERESTED IN?
  - WHAT ARE THEIR GOALS INTO ADULTHOOD FOR A LIFESTYLE AND WORK?
  - SPORTS/ARTS/HOBBIES
  - BUILDING MASTERY TO CREATE A SENSE OF ACCOMPLISHMENT AND PRIDE.



- **TAKE CARE OF YOURSELF!**
  - **SUPPORT YOURSELF WITH SELF-HELP GROUPS/THERAPY**
  - **FIND A HOBBY-PLAY MORE**
  - **GET SOCIAL**
  - **TAKE CARE OF YOUR PHYSICAL HEALTH (SLEEP, NUTRITION, EXERCISE) ROLE MODEL WHAT YOU WANT TO SEE IN YOUR YOUTH.**



## 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*



**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. \*\***

## **RESOURCES**

<http://helpingfamiliesaffectedbysubstanceabuseandaddiction.yolasite.com/free-resources.php>

For every person with a substance abuse or addiction problem there are at least 2 - 3 significant others who are affected. These can include parents, siblings, spouses and partners, friends, and coworkers. Please select "Free Resources" for helpful materials, information, and links

<https://www.headspace.com/headspace-meditation-app>

Mindfulness app

<https://itunes.apple.com/us/app/cbt-thought-record-diary/id1010391170?mt=8>

CBT application

<https://play.google.com/store/apps/details?id=com.excelatlife.cbtdiary>

CBT Diary application

<http://the20minuteguide.com/parents/introduction-guide/#.WUqofE2WzIU>

There is more than just parent/family support on this site, but it is a nice reference to support families and individuals trying to get sober.



<https://drugfree.org/landing-page/get-help-support/>

For parents

<https://addiction.surgeongeneral.gov/table-of-contents>

Outlines new language (substance misuse) and other pertinent information.

<https://store.samhsa.gov/product/Building-Self-Esteem-A-Self-Help-Guide/SMA-3715>

There are multiple guides.

<https://www.getselfhelp.co.uk/>

Great site for worksheets

<https://search.usa.gov/search/docs?utf8=%E2%9C%93&affiliate=samhsa-store&query=matrix>

Tons of manuals and resources

<https://www.addictionpro.com/> For addiction professionals

<https://www.youtube.com/watch?v=XiCrniLQGYc> “I had a black dog” video about depression

<https://researchmj.org/>

Research Society on Marijuana (RSMJ) is a network of scientists with the shared goal of promoting understanding through empirical research of the determinants, correlates, consequences, contexts, and assessment of marijuana use as well as the treatment of problematic marijuana use, including cannabis use disorder.



<https://www.weallrisetogether.org/about/>

Rise Together is creating a movement of young people by encouraging students to stand up and speak out on the issues they care most about; breaking the silence around suicide, bullying, mental illness, drugs & alcohol.

<https://naturalhigh.org/our-story/>

To inspire and empower youth to find their natural high and develop the skills and courage to live life well.

<https://www.drugabuse.gov/>



<http://www.sevenchallenges.com/> Is the group model we use throughout our program that is adolescent specific and evidence based.

[https://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame#t-1203909](https://www.ted.com/talks/brene_brown_listening_to_shame#t-1203909) - Shame video

<https://www.youtube.com/watch?v=PY9DcIMGxMs> Rat Park- Everything you think you know about addiction is wrong. Johann Hari