

STONE RIVER

Recovery Center

Welcome to Stone River Recovery Center!

We understand that taking the first step towards treatment can be incredibly challenging, and we deeply honor the courage it takes to begin this journey. Please know that our dedicated staff is here to support you every step of the way. We are committed to making your transition as smooth and comfortable as possible.

This letter is designed to guide you through what to bring, how to stay connected with loved ones, and to help you familiarize yourself with our facility's policies. Our aim is to ease any concerns and provide clarity as you embark on this important path to recovery.

We are honored to be part of your and your family's journey toward a healthier, more fulfilling life. You are not alone; we are here to support you every step of the way.

Warmest regards,

The Stone River Admissions Team

Communication

We have a 3-day acclimation period during which we do not allow clients to make or receive calls. We find that home distractions can impede the healing that occurs during the pivotal first week of treatment. It's really important clients are free to adjust to the treatment environment without the potential hazards communication from home often introduces. After the 3-day acclimation period clients are permitted free use of the phone between 4 and 9:00 PM nightly.

NO NEWS IS GOOD NEWS

We want to ensure peace of mind, so a clinician will reach out to provide an update on the 3rd or 4th business day following admission. We'll only call if your loved-one gives authorization, and we'll only provide the information he or she approves us to give in writing.

We understand how tempting it can be to call in for status updates, but please understand our staff are busy providing the best possible care to your loved-one. They cannot do so if they're constantly answering calls from families. To ensure we maintain the highest level of service, our staff are not permitted to give status updates over incoming calls per SRRC policy. They will not return voicemails. Rather we ask that you email us at Contact@StoneRiverRecoveryCenter.com if you need to get in touch. Someone will get back to you within 2 business days. If there's an emergency, please write "Emergency" in the subject line and your email will be handled as quickly as possible. We will respond to non-emergency emails sent over the weekend by Tuesday afternoon.

We ask that you remember, **NO NEWS IS GOOD NEWS! Please help us provide the very best care for your loved-one by allowing your loved-one to truly "BE" in treatment and by trusting the process.** Thank you for trusting us with the precious gift of your loved-one's care. We consider it a privilege and hope to be allies with you to make this experience as effective and meaningful as possible.

What to Bring

While preparing to join us at Stone River Recovery Center, the following items are recommended for your stay.

Required Documents for Admission

1. **Driver's License or Picture ID:** Valid photo identification.
2. **Insurance Card(s):** Original or a legible copy of your current, valid insurance card(s).
3. **Form of Payment for Deductible/Co-Pay:**
 - HSA/FSA card
 - Debit or credit card
 - Valid check
4. **Form of Payment for Medication Co-Pays:**
 - HSA/FSA card
 - Debit or credit card
 - Valid check
5. **Valuables Storage:** While safes are provided for storing valuables, make sure to only bring necessary items.

Clothing Items to Pack

1. **Outfits for 7 Days:** You can launder clothing during your stay.
2. **Workout Clothing:** Suitable attire for gym activities.
3. **Pajamas:** At least 2-3 sets that are washable.
4. **Seasonally Appropriate Layers:** Jackets, coats, and other weather-specific clothing.
5. **Shoes:**
 - Tennis shoes for the gym
 - Comfortable shoes for general wear
 - House shoes for indoor use
6. **Hair Dryer/Styling Tools:** Note that hair dye is not permitted.
7. **No Alcohol/Drug Related Clothing:** Avoid clothing with any such content.

Personal Items to Pack

1. **Alcohol-Free Toiletries:** Shampoo, conditioner, toothpaste, and other personal care items.
2. **Personal Hygiene and Feminine Products:** As needed.
3. **Eyeglasses/Contacts:** Include readers and contact solution.
4. **CPAP and Accessories:** Bring your own distilled water if required.
5. **Avoid Perfumes/Colognes:** Fragrance-free personal care products are preferred

Medications

1. **Prescription Medications:**
 - Must be in their original bottles.
 - Should have the client's name listed on the bottle.
2. **Do Not Bring:**
 - Loose pills or pills in pill boxes.
 - Expired medications.

- Controlled medications (narcotics, benzodiazepines, amphetamines, barbiturates) without prior approval from the medical team.
- 3. **Controlled Medications:**
 - Require prior approval from the medical team.
 - This includes narcotics, benzodiazepines, amphetamines (such as most ADHD medications), and barbiturates.
- 4. **Medication Disposal:**
 - Any expired or discontinued medications will be disposed of.
- 5. **Over-the-Counter Medications/Supplements:**
 - Must be in new, unopened bottles.
 - Common over-the-counter medications provided on-site include:
 - Acetaminophen
 - Ibuprofen
 - Excedrin (or generic)
 - Naproxen
 - Benadryl
 - Melatonin
 - Unisom
 - Imodium
 - Tums
 - Mylanta
 - Cough drops
 - Stool softeners
- 6. **Medication Storage:**
 - All medications are kept in the nursing office.

Ensure that any medications you bring comply with these guidelines to avoid any issues during your stay.

Upon arrival at Stone River, staff will search all client belongings with the client present. At no time will body cavity searches be conducted; however, clients may be asked to empty their pockets or placed into scrubs for a more thorough search.

Certain items will be taken from the client during the initial search. Some of these items will be returned upon the treatment team's and/or medical staff's discretion. Prohibited items will be returned upon discharge. Items taken from clients will be stored and documented by staff and signed by the client.

Smoking/Tobacco

- **Allowed:** In designated smoking areas outside only.
 - This includes cigarettes, cigars, vapes, and chewing tobacco.
- **Provide Your Own:** You must bring your own smoking or tobacco products.
 - Staff will not purchase these items for you.
 - Do not ask other clients to buy or share their products.

Vaping

- **Allowed:** Only unsealed pre-packaged vape cartridges.
- **Not Allowed:**
 - No liquid vapes or liquid cartridges.

- No vaping inside any buildings.

Electronics

- **Permitted:**
 - One cellphone and charger.
 - Cellphones will be stored in a locked area and can be accessed during designated times by tech staff.
 - Music-only devices and earbuds (e.g., iPods) are allowed, provided they do not have a camera.
- **Not Allowed:**
 - Cameras
 - Video recorders
 - DVD players
 - Electronic video games
 - Smart watches
 - Laptops and tablets (unless approved by clinical staff prior to admission)

Weapons

- **Prohibited:** No weapons of any kind are allowed on the premises.

Prohibited Items

- **Alcohol or Drugs:**
 - No alcohol or drugs of any kind are allowed.
- **Burnable Items:**
 - No incense, candles, or any other items that can be burned.
- **Pornography:**
 - No pornography of any kind is permitted.
- **Outside Food or Drinks:**
 - Do not bring outside food or drinks.
- **Drug/Alcohol Related Content:**
 - No items with drug or alcohol-related content (e.g., books, magazines, t-shirts) are allowed.

Be sure to adhere to these restrictions to ensure a smooth admission process and stay.

What to Do When Your Loved One Wants to Leave Treatment Early

Understanding Early Departure

Leaving treatment “early” generally means leaving before the recommended length of stay, which is often around 30 days or longer, depending on individual needs. Each client’s treatment plan is customized to address their specific situation, making the definition of “early” flexible. However, departing from treatment before the recommended duration, especially if it's against professional advice, can have severe consequences for both your loved one and your family.

Common Reasons for Wanting to Leave Early

Your loved one might want to leave treatment early for a variety of reasons, including:

Treatment is Challenging

- **Why It’s a Concern:** Effective treatment often involves confronting difficult emotions and unresolved issues from the past. This can be emotionally intense and uncomfortable, leading individuals to seek an escape from these feelings rather than facing them head-on.
- **Example:** A person might struggle with feelings of guilt or shame when discussing past actions in therapy. The emotional discomfort might lead them to think that leaving treatment is a preferable option, despite the progress they could make by working through these issues.

Denial of Addiction

- **Why It’s a Concern:** Sometimes, individuals enter treatment because of external pressures, such as family or legal issues, but may not truly recognize the need for help. This lack of genuine internal motivation can result in passive participation and eventual frustration, prompting an early exit.
- **Example:** Someone who was coerced into treatment by a family intervention might not fully accept their addiction as a serious problem, leading them to dismiss the treatment as unnecessary and leave before benefiting from it.

Withdrawal Symptoms

- **Why It’s a Concern:** After the initial detox phase, individuals often face Post-Acute Withdrawal Syndrome (PAWS), characterized by lingering emotional and psychological symptoms such as mood swings, anxiety, and depression. These symptoms can be challenging to manage and may drive individuals to leave treatment prematurely.
- **Example:** A person experiencing severe mood swings or persistent anxiety might feel overwhelmed and opt to leave treatment rather than enduring the discomfort, potentially missing out on crucial support during this phase.

Belief in Self-Reliance

- **Why It’s a Concern:** Early improvements in mood or behavior might lead individuals to believe they’ve “gotten better” and no longer need treatment. However, recovery often requires a comprehensive approach that extends beyond short-term improvements.
- **Example:** After a few days of feeling better, someone might believe they have sufficient coping skills and prematurely decide they can handle their recovery on their own, ignoring the need for continued support and skill-building.

Perceived Misfit

- **Why It's a Concern:** Some individuals might feel that the treatment setting, or fellow participants are not suitable for them. This can lead to blame-shifting and a decision to leave rather than addressing their discomfort and working through it.
- **Example:** A person might complain that they don't connect with the treatment group or staff, using this as a reason to leave rather than seeking ways to address their concerns or adjust to the treatment environment.

Risks of Leaving Treatment Early

Leaving treatment before the recommended duration is fraught with significant risks, including:

Increased Risk of Relapse

- **Why It's Dangerous:** The treatment process is designed to help individuals develop and practice coping skills, address underlying issues, and build a foundation for long-term recovery. Departing early often means missing out on these critical elements, which increases the likelihood of relapse.
- **Example:** Without the full treatment experience, your loved one might return to old habits and triggers without the necessary tools to handle them, leading to a higher chance of returning to substance use.

Overdose Risk

- **Why It's Dangerous:** After a period of abstinence, an individual's tolerance to substances decreases. If they resume using at previous levels, their risk of overdose is significantly elevated due to their reduced tolerance.
- **Example:** A person who leaves treatment early might return to their usual dosage of substances, not realizing that their body can no longer handle that amount, leading to a potentially fatal overdose.

Psychological Impact

- **Why It's Dangerous:** Leaving treatment early can foster feelings of failure and diminish self-esteem. It may also undermine belief in their ability to recover, making future attempts at treatment more difficult.
- **Example:** If your loved one leaves treatment early, they might feel like they've failed, which can lead to depression and a diminished sense of self-worth, complicating their recovery journey and potentially leading to further substance use.

What You Can Do

When faced with your loved one's desire to leave treatment early, it's crucial to understand these risks and address their concerns constructively. Support their continued participation, communicate openly with the treatment center, and remind them of the importance of completing their program. By focusing on these steps, you can help your loved one stay on the path to recovery and mitigate the risks associated with leaving treatment prematurely.

First Phone Call

When you get that first phone call from your loved one in treatment, don't be surprised if they're ready to launch a full-scale complaint about how "everything is terrible" and "no one cares." It's like the classic "everything is awful" song, but with an emotional remix! This reaction is actually pretty common and part of the process. Clients might zero in on every little discomfort or annoyance, using it as an excuse to think about bailing early. Think of it as their way of staging a dramatic exit scene. Your job is to keep things light and reassuring—remind them that these gripes are just part of the show and that the real story is about sticking it out. At Stone River, we've got their backs and are working hard to support them, even if it seems like they're auditioning for a drama series. Encourage them to hang in there and remind them that the temporary discomfort is nothing compared to the long-term benefits of completing their treatment. And hey, you're in this together, so throw in a virtual high-five and remind them that they've got a whole team cheering them on.

How You Can Support Your Loved One

Supporting a loved one through treatment is crucial for their success. Here's how you can make a positive impact:

Remind Them of Their Goals

- **Why It Helps:** Reminding your loved one of their initial motivations can rekindle their determination and help them reconnect with their reasons for seeking help. It reinforces their commitment to completing treatment and achieving their goals.
- **Example Conversation:** "I remember why you decided to start treatment—because you wanted to live a healthier, more fulfilling life. This journey is tough, but you've already made so much progress. Let's focus on how far you've come and why staying in treatment is important for achieving the life you want."

Self-Care

- **Why It Helps:** Setting clear boundaries ensures you avoid enabling behaviors, such as making arrangements for their early departure. It reinforces the importance of their commitment to treatment while also taking care of your own well-being.
- **Example Conversation:** "I understand that this is hard, and you're feeling overwhelmed. However, I need to take care of myself too. I'll be here to support you, but I can't make arrangements for you to leave early. Let's work together to find solutions that keep you on track with your treatment."

Stay Positive

- **Why It Helps:** A positive and encouraging attitude can boost your loved one's morale and motivation. Offering reassurance helps counterbalance their feelings of doubt or frustration and keeps them focused on their recovery.
- **Example Conversation:** "You're doing a great job tackling these tough issues. I know it's hard right now, but you've shown so much strength. Keep pushing through—you've got this, and I believe in you."

Show Interest

- **Why It Helps:** Showing genuine interest in their treatment demonstrates support and validation. It helps your loved one feel engaged and motivated by focusing on their progress and what they're learning.
- **Example Conversation:** "I'd love to hear more about what you're working on in treatment. What new strategies are you learning? How are you feeling about the progress you're making?"

Seek Your Own Support

- **Why It Helps:** Seeking support for yourself ensures you're equipped to handle the challenges of supporting a loved one in treatment. It also demonstrates your commitment to being a positive part of their recovery process.
- **Example Conversation:** "This is a tough time for all of us. I'm going to start attending family support sessions and looking into resources for myself. It's important for me to be strong and informed so I can better support you."

Communicate with the Center

- **Why It Helps:** Engaging with the treatment center ensures you have accurate information and can address any logistical or emotional concerns effectively. It also helps you stay informed about your loved one's progress and any additional support they may need.
- **Example Conversation:** "I have some concerns and questions about the treatment process. Can we set up a time to discuss them? I want to make sure I understand everything and can be as supportive as possible."

To support your loved one effectively, it's important to avoid certain behaviors that could undermine their treatment:

Joining Complaints About the Facility

- **Why to Avoid:** Joining in on complaints can reinforce your loved one's desire to leave and undermine their commitment to the treatment. Instead, address any concerns directly with the facility's staff to resolve issues constructively.
- **Example to Avoid:** "I agree, this place seems like it's not meeting your needs. Maybe we should consider finding another facility."

Asking if They Want to Leave

- **Why to Avoid:** Asking if they want to leave can prompt your loved one to vocalize their frustrations and strengthen their resolve to depart. It's more effective to focus on encouraging their continued participation and discussing the benefits of completing the program.
- **Example to Avoid:** "Do you really want to stay here, or would you rather come home now?"

Offering Clinical Advice

- **Why to Avoid:** Well-intentioned clinical advice from those without specialized training can interfere with the treatment plan. It's best to trust the professionals who are trained to handle addictive disorders and direct any concerns or ideas to the treatment team.

- **Example to Avoid:** “I think you should try a different approach to your recovery. Maybe you should do X, Y, and Z instead.”

Shaming or Blaming

- **Why to Avoid:** Shaming or blaming can lower self-esteem and exacerbate feelings of guilt. Addiction is a chronic medical condition, not a moral failing. Approach your loved one with empathy and support rather than judgment.
- **Example to Avoid:** “If you had just tried harder, you wouldn’t be in this situation.”

By focusing on supportive actions and avoiding counterproductive behaviors, you can effectively assist your loved one in navigating their recovery journey.