

ANGELIC HOUSE

Substance Use Residential Program Overview

ADMISSION

- Angelic House is for women who have a sincere desire to stay sober and create a new life.
- No woman will be refused admission because of race, national origin, religion, sexual orientation, color, or creed.
- Applicants admitted to Angelic House must be able to independently complete activities of daily living and attend to personal needs.
- Individuals must come from an inpatient treatment center, detox center, hospital, or have been involved in prior outpatient treatment.
- All referral and acknowledgement paperwork must be completed and submitted to the Residential Admissions Supervisor for consideration for acceptance.
- Referral paperwork is reviewed by a clinical team which consists of counselors, licensed clinicians, and registered nurses to ensure the individual is a good fit for the program.
- If the clinical team approves an applicant, an admission date will be scheduled. If there is a delay that postpones admission, Angelic House will make every effort to work with the applicant, but no beds will be held if other applicants are awaiting placement and meet eligibility criteria.
- Each applicant must receive medical clearance from a CommWell Health provider prior to residing at the Angelic House. The medical clearance appointment will occur on the day of admission.
- Each applicant will be drug tested upon arrival and it is expected that the client test negative for all substances and alcohol. If there is a positive test for any substances, final clinical clearance will be at the discretion of the Director of Residential Services.
- Pregnant women cannot be admitted to the home; if pregnancy is determined after admissions, discharge will occur and assistance with appropriate referral(s) will be provided.
- After being medically and clinically cleared and admitted into the house, the resident will be taken to the home, where they will be assigned a room, complete paperwork, sign agreement to rules, and have their belongings inventoried. Personal belongings that are considered contraband will be placed in a secure area until discharge.

- All cloth-based items will be disinfected through the use of ultraviolet disinfection before being allowed to be stored in the client's assigned bedroom. Disinfection of items will occur for all residents, without bias.
- All electronic devices (phones, iPads, computers, etc.) must be turned into staff upon arrival to Angelic House.

SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAM

- Applicants who are admitted to Angelic House will participate in various therapeutic treatment services including individual therapy sessions, NA/AA meetings, and substance abuse intensive outpatient treatment (SAIOP).
- Residents will complete SAIOP for 12-weeks.
- SAIOP is a structured program of individual and group addiction activities and services that is provided at an outpatient program designed to assist clients to begin recovery and learn skills for recovery maintenance.
- The following topics may be addressed in SAIOP:
 - Individual Counseling
 - Group Counseling
 - Strategies for relapse skills
 - Crisis Contingency Planning
 - Life skills
 - Disease Management
 - Family Counseling

WHAT TO BRING

- 7-day supply of clothes for public and bedtime that is appropriate for the current season.
- Long pants to be worn in AA/NA meetings and SAIOP groups.
- Comfortable closed-toes shoes for walking (no flip flops in AA/NA meetings or SAIOP groups)
- Comfortable shoes for walking around the house such as slippers, flip flops, or sandals.
- 2-3 towels and washcloths
- Personal hygiene products such as toothpaste, toothbrush, comb, brush, shaving razor, shaving cream, shampoo, and soap.
- Books

WHAT NOT TO BRING

If a client brings the following items, they will be deemed contraband and will be stored in a secure area until discharge.

- Addictive prescription or non-prescription substances including, but not limited to:
 - Methadone, Suboxone, or other Buprenorphine-related product
 - Prescription or non-prescription narcotic pain relief products
 - Ultram or Tramadol
 - Xanax, Alprazolam, Valium, Diazepam, Ativan, Lorazepam, Klonopin, Clonazepam, or other benzodiazepines
 - Ambien
 - Ritalin, Adderall, Concerta, or other prescription or non-prescription amphetamine
- Weapons of any kind, including knives.
- Electronic devices including computers, games, laptops, and tablets.
- Pornographic materials.
- Mouthwash, cologne, hand sanitizer, or any other household or personal hygiene products containing alcohol or ethanol.
- Clothing that is excessively short in length, revealing, or tight fitting. Additionally, no clothing is allowed that references drugs or alcohol.

HOUSE GUIDELINES

- Residents will only be permitted to go out into the community with designated CommWell Health colleagues.
- Residents are required to attend activities that are designed for the benefit of the treatment home such as house meetings, group counseling sessions, and other scheduled activities.
- Residents must be willing to submit to random drug screens and breathalyzer testing.
- Firearms, ammunition, and fireworks are not permitted on the premises at any time. Residents may not have any dangerous weapons (knives, straight razors, etc.) in their possession while at Angelic House. Possession of dangerous weapons may result in immediate discharge.
- Angelic House and all other CommWell Health sites are tobacco free. Counseling and medical interventions will be offered to all clients to assist with abiding by the tobacco free requirements.

- Residents are not permitted to perform home piercings, tattoos, or hair bleaching/dying at Angelic House as it raises a safety concern for potential medical emergencies.
- Residents will maintain a clean and orderly room. Residents are not permitted to be in other residents' rooms.
- Residents will abide by all electronic guidelines set forth by the treatment program.
- Residents will actively participate in their treatment plan.
- Residents will attend SAIOP for the first 12-weeks.
- Residents will attend AA/NA meetings.
- Residents will not bully or tease other residents or staff members.
- Sexual toys and pornographic material are not permitted at Angelic House.
- All items or food brought to the house from family members must be checked and cleared by a staff member prior to being in the client's possession.
- Residents are not allowed to bring hair products, makeup, and nail polish to visitation time. Books and crossword puzzles will be allowed.
- Residents will abide by all visitation guidelines.

CLOTHING GUIDELINES

- Leggings should not be worn with t-shirts. Shirts must fall past thighs when wearing leggings.
- All shorts must be knee length.
- Tank tops and camis are not to be worn without a covering shirts, jacket, or sweater.
- Low-cut shirts that show cleavage are not allowed.
- Crop tops are not allowed.
- Pajama pants and bedroom slippers are not allowed to be worn in public.
- No graphics on clothing that reference drugs and alcohol are allowed.