

# HARVEST HOUSE

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## Male Residential Treatment Program Overview

### ADMISSION

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- Harvest House is for men who have a sincere desire to stay sober and create a new life.
- No applicant will be refused admission to the Harvest House based solely on race, national origin, religion, sexual orientation, color, or creed.
- Applicants admitted to the Harvest 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 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 the referral, an admission date will be scheduled. If there is a delay that postpones admission, Harvest 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 Harvest House. The medical clearance appointment will occur on the day of admission.
- Each resident 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 Clinical Director.
- After being medically and clinically cleared, the resident will be taken to the Harvest House. The resident will be assigned a room, complete paperwork, sign agreement to house rules, and have their belongings inventoried. Personal items 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.) will be turned into staff upon arrival at Harvest House.

## SUBSTANCE ABUSE COMPREHENSIVE OUTPATIENT TREATMENT

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- Applicants who are admitted to Harvest House will participate in various therapeutic treatment services including individual therapy sessions, NA/AA meetings, and substance abuse comprehensive outpatient treatment (SACOT).
- Clients will complete SACOT five (5) days a week; it is an intensive treatment program.
- SACOT is a multi-faceted treatment approach. SACOT emphasizes a reduction in use and abuse of substances and/or continued abstinence from the negative consequences of substance abuse.
- The following topics may be addressed in SACOT:
  - Individual Counseling
  - Group Counseling
  - Strategies for relapse skills
  - Crisis Contingency Planning
  - Life skills
  - Disease Management
  - Family Counseling

## WHAT TO BRING

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- 7-day supply of clothes for public and bedtime that is appropriate for the weather.
- Long pants to be worn in AA/NA meetings and SACOT groups
- Comfortable closed-toe shoes for walking (no flip flops in AA/NA meetings/SACOT groups)
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- Comfortable closed-toe shoes for walking (no flip flops in AA/NA meetings/SACOT 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

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Items below that are brought on campus will have to either be stored for you until your discharge or discarded by you, to remain in our residential program.

- 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 product containing alcohol or ethanol
- Sleeveless shirts, spandex, clothing that is too tight, pants that sag and show underwear, clothing with alcohol and/or drug-related writing or images, clothing that is likely to be offensive to others

## GENERAL HOUSE GUIDELINES

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- 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.
- Harvest 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 Harvest 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 are required to attend SACOT.
- 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 Harvest 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 will abide by all visitation guidelines.

## CLOTHING GUIDELINES

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- Pants may not be sagged.
- Sleeveless shirts are not allowed.
- Clothing may not have graphics that reference alcohol or drugs.