



## **Adult Residential Treatment — Frequently Asked Questions**

It's important to us that you feel prepared to enter the program. Below are answers to some of the most frequent questions we get about treatment in the Adult Residential Treatment Program.

***Q: How long will I be in the program?***

**A:** You can expect to be in this treatment program for 6-8 months. Each person's plan is individualized to meet their needs, so your stay will vary based on your treatment plan.

***Q: Who can be admitted?***

**A:** Men and women who are 19 or older, and live in Region V or Region II, or have Medicaid are eligible. To be admitted you must have co-occurring diagnoses, meaning a severe and persistent mental illness (SPMI) and substance dependence. You must also be homeless or near homeless at the point of admission.

***Q: What is a day in the program like?***

**A:** A lot of your day is spent in group sessions. There are breaks for meals and free time every day. Participants are required to attend 42 hours of group in a week, including: daily exercise, coping skills, open therapy, dual diagnosis, recovery planning, recreational therapy, outings, cooking skills, trauma education, budgeting and Dialectical Behavioral Therapy.

***Q: What should I bring with me?***

**A:** Space is limited, as you will share a room. You will have 4 drawers in a dresser, and some space for hanging items. Usually, 10-12 days of clothing should be enough, as we have laundry facilities on site. You are allowed to use disposable razors, but they are kept in a locked area. You **should not** bring: sharp objects, hygiene products with high alcohol content.

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**If you are the referral professional, please share and discuss this document with the individual you are referring to the CenterPointe Adult Residential Treatment Program.**

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**Q: Can my friends or family visit?**

**A:** Yes, families are encouraged to participate in the treatment process. Family members and friends must be approved by your counselor prior to visiting. Visiting hours are daily, during free-time. As you make progress in the program you will earn time away from the program for walks, to spend time with safe family members and/or friends and pursue healthy recovery activities.

**Q: Will I have access to a phone and/or computer?**

**A:** There are phones and computers available for program participants. Specifics about usage of the phone and computer will be reviewed with you at the time of admission.

**Q: What happens to my SSI/SSDI or Food Stamps while I'm in the program?**

**A:** While in the Adult Residential program, we ask that you transfer your food stamp allowance to CenterPointe to cover the cost of your meals while in our care. SSI may be reduced to \$30 per month for incidentals — this is the rule from the Social Security Administration. SSDI benefits are not affected.

**Q: What about my medication?**

**A:** Please bring any medication prescribed to you in its original container with a current prescription label on it. **DO NOT** bring over the counter medications.

**Q: I have a medical condition. Can I come to treatment?**

**A:** Yes, if you are medically stable. Whatever your medical condition it must be able to be managed by you with help from unlicensed assistive personnel. Treatment in Adult Residential is not appropriate for people with unstable medical conditions.

**\*As of November 3, 2014 CenterPointe is tobacco free**

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