



## **Short Term 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 Short Term Residential Treatment Program at CenterPointe Campus for Hope.

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

**A:** You can expect to be in this treatment program for 5 – 6 weeks. 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:** Low and moderate-income men and women who are 19 or older and Nebraska residents are eligible. To be admitted you must have a substance use disorder. Funding eligibility depends on income and state of residence. We accept private insurance and Medicaid; a sliding fee scale may be available.

### ***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 programming in a week, including: coping skills, recovery planning, recreational therapy, Seeking Safety, Smart Recovery, community-based speakers, and outings.

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

**A:** Space is limited, as you will share a room. You will have 2 drawers under your bed and limited space for hanging items. Usually, 7 - 10 days of clothing should be enough, as we have laundry facilities on site. You are allowed to use disposable razors. You **should not** bring: sharp objects, hygiene products with high alcohol content or aerosol products. Cleaning products are provided.

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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 Short Term Residential Treatment Program at Campus for Hope.

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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. Adult visiting hours are Sunday, 5pm to 8pm. Child visits are arranged on an individualized basis.

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

**A:** There are phones available for program participants. Specifics about usage of the phone will be reviewed with you at the time of admission. Personal cell phones or electronic devices are not allowed.

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

**A:** While in the Short Term 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 should not be 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 Short Term Residential is not appropriate for people with unstable medical conditions.

If you are the referral professional, please share and discuss this document with the individual you are referring to the CenterPointe Short Term Residential Treatment at Campus for Hope. For further information please contact Donna Doebelin, Admissions Specialist at 402.827.0570.