

# **Alpine Special Treatment Center**

## *The Starting Point for Transitional Age Youth*

### **Program Requirements**

***The Starting Point has in place “House Rules” to maintain the integrity of the Program and the safety of the clients it serves. We strive to achieve and maintain a therapeutic atmosphere in which to support wellness and recovery. Failure to follow/adhere to the general rules may lead to loss of privileges and/or discharge from The Starting Point.***

- Residents will be expected to maintain safe, stable behavior while in the program. This includes taking medications as prescribed, refraining from engaging in verbally and/or physically aggressive behaviors towards others, and abstinence from drugs and alcohol and self-injurious behaviors. Residents must commit to communicating to staff thoughts/urges to harm self or others prior to acting upon them. Failure to maintain safety will result in safety intervention such as more intensive degrees of monitoring, loss of privileges and/or dismissal from the program.
- Residents must remain drug and alcohol free at all times, including time spent away from the program. Residents will be subject to random drug and alcohol testing while in the program and routine screening upon returning to the facility after unsupervised time away from the program. Residents will collaborate with Nursing staff and their physician(s) regarding use of any illicit or licit substances for the duration of their treatment. Failure to maintain sobriety will result in safety intervention such as more intensive degrees of monitoring, loss of privileges and/or dismissal from the program.
- Residents must participate in lawful activities while residing at the facility. Lawful activities include, but are not limited to, safe driving practices. Any resident in possession of a vehicle must obtain preapproval by facility for initial use and by Program Director for each use thereafter. Residents are not allowed to ride as the passenger in another resident’s car.
- Residents are required to follow the structured Program outlined in their individualized, multidisciplinary treatment plans – Each resident will have specific groups and activities they will be expected to achieve weekly to be eligible for off-grounds activities and passes. In addition, residents will be expected to attend minimum two NA/AA meeting weekly.
- Residents are asked to participate in Treatment Team meetings and Clinic meetings with their psychiatrist a minimum of once per month.
- Residents will be expected to pursue minimum of one of the following community reintegration activities while in the Starting Point program: 1) education, 2) employment, 3) community service. Treatment Team will work with residents to assist with this process.
- Residents shall not engage in sexual activity with anyone while in this program. Additionally, it is strongly encouraged that residents refrain from starting new romantic relationships while in treatment at the Starting Point, especially with peers in the program.
- Residents will be asked to refrain from leaving the facility without staff supervision until Treatment Team and the client have collectively decided that it will be in the client’s best interest to engage in independent time away. Client’s ability to maintain safe, stable behaviors and level of

motivation for change will be considered when deciding upon eligibility for independent town walks and passes. Residents who have progressed in their treatment will begin to be permitted to take one Town Walk daily for one hour in duration with maintenance of safe, stable behaviors and ADL completion. Nurse-on-duty must pre-approve the town walk and the Resident must sign-out and back in with staff members. A contraband search and alcohol/drug screening will take place upon return to the program.

- Requests to leave the program for longer than an hour in duration and/or with someone not affiliated with the program must take place in the form of a written pass request. In general, passes will take place on the weekends (Friday through Sunday) and will not exceed 24 hours in length. Leaving the program without an approved pass and/or failing to return from pass at the agreed upon time may be considered leaving AMA and result in dismissal from the program. Pass requests must be completed and provided to staff on Tuesday mornings for passes scheduled to take place the upcoming weekend. Pass requests will be reviewed and approved by program director, psychiatrist, and administration. Residents will undergo contraband searches and drug and alcohol testing upon returning from passes.
- Residents shall have a daily household duty (“community task”) assigned to them and shall be responsible to carry out this duty in an appropriate manner. Failure to complete community tasks will be taken into consideration when recommending passes and other privileges.
- Use of personal electronics (computers; I pods; radios; etc) must be preapproved and are limited to use upon maintenance of stable behavior and meeting all Program requirements for the previous week. Personal electronics may not be used to access the internet, and/or to watch television or film of a pornographic or violent nature while at the residence.
- Residents will be asked to keep personal hygiene items with alcohol and contraband items in a primary box that will be appropriately stored by the program. Use of personal hygiene items stored in primary boxes will generally be limited to the hours of 8:00-10:00am and 9:00-10:00pm.
- Residents will be expected to maintain good ADLs while in the program. This includes attention to personal hygiene and keeping bedrooms tidy. Daily ADL credit will be expected to achieve off-grounds privileges.
- Residents are not permitted to be in the room of another resident. Exceptions may occasionally be made in the case of same sex residents and only under the direct supervision of a staff member.
- Residents must be mindful of phone use. Residents will be able to make up to 4 phone calls daily on the Client phone and calls should be limited to 10 minutes in length. Inability to adhere to phone guidelines will result in close monitoring by staff and possible loss of phone privileges.
- Smoking is restricted to specific smoke break times and in “Designated Smoking Areas” ONLY. SMOKING is NOT permitted inside the Building.
- Food shall be kept in the kitchen area ONLY. Food shall be NOT be consumed or kept in any area outside of the kitchen.
- The Starting Point does not take responsibility for the loss of personal items. In an effort to assist residences with maintaining their belongings, inventories of clients’ belongings will take place upon admission, a minimum of each quarter thereafter, and at discharge.

- Curfew is at 9 PM EVERYDAY of the week (Including weekends)
- Visiting hours are Monday through Friday from 7:00 PM until 9:00 PM. Saturdays and Sundays from 2 PM until 5 PM and 7:00 PM until 9:00 PM. Visitors will be expected to sign a Visitor Policy form that outlines visiting expectations prior to their initial visit with a client. Should a client or visitor violate these guidelines, a staff member will immediately request that the visitor leave the facility, the Sherriff's Department may be called, and he/she may not be permitted to return for the duration of the client's treatment.
- The lounge TV will be available for viewing and gaming during designated times daily.

***Rules are subject to change and may be revised as issues arise within the program. All residents will be immediately informed of changes in policy.***

\_\_\_\_\_  
Resident Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Primary Staff Member's Signature

\_\_\_\_\_  
Date