



THE STARTING POINT

Program Agreement

The Starting Point program at Alpine Special Treatment Center is a voluntary Dual Diagnosis enhanced Full Service Partnership program that provides residential treatment for transitional aged youth (18-25 years old) with co-occurring mental health and substance use issues.

As a client of this program I will be provided with treatment that is structured though individualized and comprehensive in nature. I understand that services that will address my needs across the six dimensions of overall health: physical, emotional, mental, social, spiritual and environmental.

For continued eligibility in The Starting Point Program, I understand that participants are expected to comply with a minimum set of guidelines that have been identified by the program's staff members and clients as being essential to maintaining a safe and therapeutic environment. I agree to:

- Maintain safe, stable behavior. Aggressive behavior toward myself or others may result in transition to a higher level of care, notification to the Sherriff's Department and/or dismissal from the program.
- Achieve minimum program requirements to maintain use of personal electronics, participate in outings, and to be eligible for unsupervised time away from the facility.
- Follow safety guidelines as set forth by staff members. This includes but is not limited to use of PPE when cooking, wearing appropriate clothing, removing myself from certain areas when asked by staff, random and/or routine UDS and breathalyzer testing, contraband searches/safety inspections, etc.
- Take medications as prescribed by Treating Psychiatrist, Medical Director, and/or other preapproved physician.
- Adhere to food and exercise regimen as outlined by the facility's Dietician, Physician(s), and Fitness Specialist.
- Maintain respectful behavior toward fellow clients and staff members by monitoring my speech and actions.
- Spend time away from the facility in the manner that has been pre-approved by my Treatment Team.

I understand that the following are several of the interventions that will be used by staff members to assist me in making progress toward my goals and to maintain my safety and the safety of others while I am in this program:

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| •Verbal Redirection | •Praise/Reinforcement | •Review of Program Requirements |
| •PRN medication | •Increased level of monitoring | •Review of Treatment Plans |
| •Suggestion of Quiet time | •Reflective Listening | •Prompting for Groups/Activities |

I understand that as a client of Alpine Special Treatment Center, a Mental Health Rehabilitation Center (MHRC), if my behavior shifts and I pose an imminent threat of harm to myself or others, an adequate number of appropriately trained staff may utilize a Denial of Rights in the form or a restraint or seclusion to maintain my safety and the safety of others. This will continue until the threat no longer exists. Law Enforcement/Medical personnel may then transport me to a higher level of care that may better support my needs at that time.

Client Signature

Date