



**RESIDENTIAL FACILITY, 122 W. Hill Street, Champaign, Illinois**

## **DAILY ACTIVITIES:**

The schedule during your treatment stay includes groups, classes, lectures, 12 step meetings, and other recovery related functions between the hours of 9:00AM and 9:00 PM each day. The treatment schedule is designed to provide you with the necessary structure to gain an understanding of the disease of addiction and its recovery process. In doing so, the treatment experience shall provide you with the necessary framework to assist in maintaining a clean/sober lifestyle.

### **1. Individual Sessions:**

Individual sessions are designed for you to be able to engage in the therapeutic process with your counselor. During these sessions you and your counselor will discuss a variety of topics as they apply to your disease of addiction and your process of recovery.

**Your counselor will meet with you no less than once per week.** However, should you need more time; you may also make additional appointments for individual sessions. If your counselor is not available, you may ask to see another member of the treatment team.

### **2. Group Therapy:**

Group therapy is a time in which the clients and staff meet to discuss issues in a therapeutic process. Group topics are those issues related to the client, their addictions, emotional issues, and interpersonal conflicts. Groups are often split to provide the best service. In doing so, treatment groups may include "choice groups", "women's group", "men's group", and/or other populations showing a need for specialized groups.

### **3. Recreation Therapy:**

Part of your treatment at Prairie Center will involve recreational therapy. The Recreational Therapist and/or Treatment Technicians will provide Recreation Therapy. Recreation Therapy is designed to help you develop and participate in leisure activities while sober. Additionally, this therapy helps to improve your social skills while interacting with others.

This portion of treatment is very important and therefore participation is required for each client admitted to the residential program. The only exceptions to this are those clients who are excused from the group by either their counselor for a session, or by the medical team for medical related issues.

#### **4. Community Group:**

Community group is designed for the clients and staff to sit together and discuss issues important to the overall functioning of the facility. Topics for community group include daily chore lists, facility concerns, and announcements by clients and/or staff.

#### **5. Lecture/Education Sessions:**

Lecture/education sessions include staff presentations and videos discussing a variety of topics related to chemical dependency and the recovery process.

#### **6. AA/NA/Support Meetings:**

The program of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are independent support organizations that emphasize helping each other stay clean and sober through the use of the 12 Steps. We believe that participation in these programs and a daily application of their principles are fundamental to a program of recovery. Most people find it essential for ongoing sobriety. Residential clients will attend all in-house and required outside AA and NA meetings. Attendance at additional outside AA/NA meetings may be arranged between you and your counselor.

Many people in recovery enjoy beginning their day on a positive recovery focused note. Speak with your counselor about the possibility or appropriateness of you attending the “Early Bird” AA meeting.

#### **7. Step Lecture/Discussion:**

Step lecture is designed to assist clients in the utilization of the 12 Steps as one possible tool in their recovery from alcoholism and/or addiction.

#### **8. Group Walks:**

Group walks are designed to allow the clients’ time to relax and enjoy some exercise. Walks are lead by staff members and everyone is expected to participate in them unless excused by the medical team or their primary counselor.

#### **9. Independent Study:**

Independent study is an unsupervised session during portions of the week that are designed to allow clients the opportunity to work on and complete their treatment assignments. During independent study clients are to work on written assignments, read from their treatment materials or meet with treatment staff for individual sessions. Independent study is not a time for clients to sleep, watch TV, smoke, or partake in other leisure activities.

## **WHAT TO BRING WITH YOU:**

### **Appropriate Dress:**

Sexually suggestive or revealing clothing is not allowed. Also, we ask that you wear shoes or slippers when outside your rooms as required by local health codes. Displaying gang insignia, wearing alcohol or drug related clothing, or wearing sunglasses are not allowed. We ask that there be no tank tops, tube tops, or muscle shirts. All women must wear a bra. All underwear must be covered. Further more, no hats or head coverings are allowed inside the building.

Additionally, when not on the third floor, it is necessary to wear clothes other than sleepwear.

Please remain adequately dressed at night or when walking to and from the shower.

The wearing of inappropriate clothing may lead to discharge. Situations will be addressed individually with your primary counselor. Staff reserves the right to decide what is inappropriate attire and compliant with the dress code. The staff also reserves the right to have any clients, who are not compliant with the dress code, change into more appropriate clothing.

Clients are not permitted to share, sell, exchange, or give other clients clothing, shoes, or other personal belongings or items.

Hats, head coverings, sunglasses, and items projecting from the mouth such as toothpicks, straws, or cigarette holders are prohibited and not allowed in the building.

### **Personal Hygiene Items:**

**Clients are expected to practice daily personal hygiene.** Taking good care of ourselves is a building block of high self-esteem. Residents are required to bathe daily and to be neatly groomed. For those who have no means of obtaining personal care items, such supplies are available either from the Detox unit or from a volunteer organization.

Personal hygiene items containing alcohol are not permitted.

### **Technological Belongings:**

Please leave items of significant value at home. We cannot hold or keep any of your belongings for you after you leave. Any items left at Prairie Center will be destroyed or discarded.

Cameras, cellular phones, video games, stereo equipment, CD players, and IPODS are prohibited in the building and will be confiscated while the client is in treatment. They will be kept in a secure staff location and are not to be used by clients during their stay in residential treatment.

## **IMPORTANT INFORMATION FOR FAMILY & FRIENDS:**

### **TELEPHONE:**

**CLIENT PHONE NUMBER: (217) 356-7582 BUSINESS PHONE: (217) 356-7576**

Any phone calls for clients received through the business number will be referred to the client phone number due to confidentiality. Personal phone calls to clients should be directed to the client phone number where they will be answered by an answering machine. The front desk staff will then take messages and post them on the message board located on the front desk office wall.

### **PHONE HOURS ARE AS FOLLOWS:**

Because of the nature and severity of your disease we feel it is pertinent to maintain your focus on your treatment and recovery. Therefore clients will only be permitted two telephone calls per week, each call lasting a maximum of five minutes. This telephone call must be made on the payphone. Clients are not to approach technicians or Detox staff to ask to use the telephone.

### **Passes:**

Your participation in treatment activities is very important so passes are **limited**. In the case of appointments that can not be postponed or specific treatment related issues, the treatment team will allow passes to occur as these are seen as **essential** appointments. These would include such things as:

- Doctor appointments
- Emergency dentist appointments
- Appointments with state or federally related organizations
- Court appearances

If you have an appointment or outside need that you believe to be **essential**, discuss it with you counselor **prior** to filling out a Pass Request form. If your counselor approves, turn it back in to staff for Treatment Team review and signatures denoting approval. Clients must submit a pass request form **24 hours** in advance. Your primary counselor and the treatment team must give written approval. Clients are responsible for obtaining clean/sober transportation. If this is a problem, please let your counselor know in order to assist in seeking alternative transportation.

In addition to essential appointments there are some times when other passes may be granted. During these occasions it's mandatory that the activity be somehow focused on enhancing or improving your treatment or recovery.

We at Prairie recognize that we are treating a person who has a disease that has biological, psychological, and spiritual issues encompassed in it. Because we do understand the spiritual component of this disease, we will allow client's to attend a religious service of their choosing on Sunday mornings. If a client chooses to participate in a religious ceremony we simply ask

that they fill out a pass, and bring a bulletin from their religious service signed by their clergy member.

### **VISITORS:**

We recognize that addiction is a family disease, and therefore we encourage clients to have visits from family and friends. These visitations may occur only during specified hours unless otherwise approved by the treatment team due to uncontrollable circumstances. All visitors must be on your visitors list, approved by your primary counselor.

Any person 15 years and older who wants to visit a resident must attend the Family Therapy group on Saturdays from 1pm – 3:00pm. If visitors are late for the family group they will not be permitted to attend. If a family member (or friend, or sponsor, or co-worker) attends the family group they may return the next day on Sunday from 1pm – 3:00 pm to visit with the resident.

\*If your family member is unable to participate in the Saturday family group for a valid reason (work conflicts, child care obligations) please talk to your primary counselor. This has proven to be such an important issue for people in recovery that we want to help reunite you with your family. Therefore, your primary counselor would more than gladly facilitate a family session with you and your family members.

**All visitors must maintain appropriate behavior at all times when on the Prairie Center grounds.**

Visitors are to remain on the first floor. Under no circumstances are visitors allowed on the 2<sup>nd</sup> or the 3<sup>rd</sup> floors or in client rooms. Keep your interactions with visitors on a clean and polite level. Remember that there are often children and other family members present.

All visitors must sign the Prairie Center Visitors Log Book. They must also wait in the visitor's lounge until the start of visitation time. Coming early to visitation does not allow the visit to start early. No visitor is allowed to be near the designated smoking area or any other location on the Prairie Center grounds without first coming in the front door and signing the Visitor's Log Book.

All visitors must be on the client's visitor list.

Visitors are not allowed to be under the influence of a mood altering substance while on the Prairie Center grounds.