



Courtland Center

Crisis Stabilization & Detox Services

620 Court Street, Lynchburg, Virginia 24504

Phone: (434) 455-2098

Fax: (434) 455-2049

General Information

VIDEO SURVEILLANCE:

Due to the specialized needs of the individuals enrolled in our services, The Courtland Center maintains video surveillance throughout the building, including the client rooms located on the Crisis Stabilization and Detox Unit. Individual privacy is limited to and provided within the bathrooms of the unit only; therefore clients are required to dress/change clothes within these areas only.

What to Bring:

You will need enough clothes for 3-4 days only. Please do not bring inappropriate clothing (i.e. clothing that reveals undergarments, shirts with offensive or drug related material, etc.). There is no storage for additional items.

Laundry facilities are available. There is no extra charge for use of the machines. All of your linens (towels, washcloths, sheets, etc.) will be provided, as will laundry detergent.

Tobacco products are permissible. There are designated times for smoking and tobacco use.

Medications:

Only medication currently being prescribed to you should be brought with you and given to staff upon admission. All medications must be in the original container with the prescription label. Make sure you have enough prescription medications for the length of your stay. If you have diabetes, please bring your equipment (glucometer, test strips, etc.).

Prohibited items:

Please do not bring any prohibited items to the Courtland Center. These items are prohibited for your safety and the safety of other clients and staff. Any items that distract individuals from their treatment are not allowed. Prohibited items include:

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| <ul style="list-style-type: none">▪ Cigarette Lighters▪ Sexually Explicit Books or Pictures▪ Radios▪ Laptops▪ CDs/DVDs▪ Other electronics (eReaders, iPods, etc) | <ul style="list-style-type: none">▪ Clothing with drug or alcohol themes▪ Clothes with offensive or explicit writing or images▪ Sharp items▪ Weapons▪ Scissors |
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<ul style="list-style-type: none"> ▪ Cell phones ▪ Cameras ▪ Candy (except hard candy) ▪ Food ▪ Bottled water/drinks ▪ Fans ▪ Nail clippers ▪ Manicure sets ▪ Fingernail polish and remover ▪ Picture frames ▪ Fans 	<ul style="list-style-type: none"> ▪ Mouthwash with alcohol listed as an ingredient <p><u>The following items will be stored in a secure area for you to use at designated times:</u></p> <ul style="list-style-type: none"> ▪ Aerosol products (deodorant, perfume, shaving cream, hairspray) ▪ Disposable or safety razors ▪ Corded items (hair dryer, curling iron, electric shaver) ▪ Lotions, shampoos, mouth wash with alcohol listed as an ingredient
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Items may be dropped off at the Courtland Center between 12 NOON – 1:00PM and 5:30PM – 7:00PM on weekdays only. For your safety all items are subject to search.

The Courtland Center is not responsible for lost or stolen valuables. We recommend that you do not have more than the \$35.00 medication fee with you.

Transportation

You are responsible for transportation to and from the facility.

Phone Calls

Crisis Stabilization clients are allowed 10 minutes of phone time each evening.

Detox clients are allowed two phone calls: one (1) upon admission and one (1) upon discharge (to contact/schedule transportation).

Family Sessions

Individuals enrolled in Crisis Stabilization services may request that a family session be scheduled. Requests are made to your assigned clinician, who will assist you in contacting the appropriate family members to schedule the session. All family sessions will be conducted / supervised by the assigned clinician. For the purpose of protecting the progress of your treatment while in Crisis Stabilization services, your assigned clinician reserves the right to approve or deny the visitation rights of any individual(s). At this time, family sessions are provided for those enrolled in the Crisis Stabilization program **ONLY**.

Discharge

Your assigned clinician will work with you to develop a plan for your discharge. This plan will identify services to support your continued recovery and promote overall wellness after you leave the Courtland Center.