

Tips and Tricks for a Successful Stay at the Wellness Recovery Center

Therapists at the Wellness Recovery Center work either a Sunday-Thursday or Tuesday-Saturday schedule. On the days when your therapist is not here, you are assigned another team member for a 1:1 session. Some residents like to get a new perspective, while others prefer to only work with their primary therapist – it is optional and entirely up to you!

The WRC team meets twice per day to check in, problem solve, and assess risk. If you have a **concern or exceptional request**, let your therapist know. You can be sure it will be brought up and discussed with the team. We will always attempt to accommodate within the limitations of the program. Please note that our handbook (you received one at admission) has undergone many revisions over the years. The guidelines we have in place are the result of years of experience about what best supports residents in their recovery.

The WRC does not make major changes to **psychiatric medications** without first consulting with your psychiatrist. Psychiatric meds often take time to start working, so we take a conservative approach to prescription since our doctor will not be able to follow your progress once you've discharged. We will help you establish care with a doctor to monitor your needs post-discharge.

Other medical concerns can often be managed by over-the-counter medications to treat symptoms (i.e. difficulty sleeping, headache, constipation, etc). However, more complicated medical concerns may need to be managed off-site, as the WRC's medical scope is primarily psychiatric.

Groups are the heart and soul of the program! Please attend as many as possible. Each therapist, nurse, and case manager brings their area of expertise to the table, from **DBT skills-building** to **mind-body connection** to **neuroscience** to **art therapy** to **psychoeducation about depression, anxiety, grief, etc.** In addition to learning a lot, your days will feel more structured and purposeful.

Don't forget the basics! Eat nutritional balanced meals, drink lots of water, practice good sleep hygiene, and take advantage of movement groups to get your body moving.

Get started on your **Safety Plan** sooner rather than later. The Safety Plan is a "user's manual" to your mental health and is a good place to track coping skills, medications, and appointments.

We encourage **friendships and a sense of community**, but based on years of experience we recommend against residents making plans to live together post-discharge. Although feelings of closeness and intimacy can naturally develop in a place like the Wellness Recovery Center, please note that **romantic relationships** are not appropriate to pursue during your stay.

Not sure what to do with downtime? Check out the **Modules** located at the front desk. These easy-to-read packets contain lots of valuable information about a variety of mental health issues.

Other activities include using art supplies, journaling in your composition notebook, playing board games, piecing together puzzles (we have so many...), cooking, exercising on the elliptical, calling a friend, or reading a book. Computer and television are available outside of group times.