

Boxwood Recovery Center – Information Sheet 05.13.15

A Program of Rappahannock-Rapidan Community Services

Physical Address – 15511 Guinn Lane, Culpeper, Virginia 22701

Mailing Address – P.O. Box 1568 Culpeper, Virginia 22701

Office Phone 540-547-2760 Office Fax 540-829-2992 Admissions Only FAX 547-2764

Boxwood Goals

Our goal is to assist you in your recovery so you are able to:

- ❖ Improve the quality of your life by recognizing and addressing the factors/problems related to your use of mood altering drugs or alcohol.
- ❖ Become educated regarding the disease of alcohol and drug addiction.
- ❖ Identify specific changes that need to occur to initiate and sustain recovery.
- ❖ Eliminate your use of substances.
- ❖ Identify needed supports and options for continued services/treatment after you leave Boxwood.
- ❖ Recognize the symptoms of relapse and develop a detailed relapse prevention plan.

What to Bring-Note, You May Not Drive Yourself To Boxwood Residential Or Detox

You will need enough clothes for 7 days. Please limit what you bring to one large suitcase. Dress appropriately: skimpy clothes (e.g. short shorts, tank tops, sleeveless shirts, bathing suits, etc.) are not allowed. Do not bring clothes with alcohol, drug related, sexual or other inappropriate or offensive words / pictures / images.

As a prevention measure we treat all clothes by drying them on 'Hot' in a clothes dryer. Other items may be heat treated with a steamer. Do not bring anything which cannot be dried on Hot in the drier. Do not bring other items which might be damaged if heat treated with a steamer.

Boxwood provides laundry service. We also provide all your linens (e.g. towels, washcloths, sheets, etc.) There is no cost for laundry/linen service.

Money & Valuables – We suggest you **do not** bring any personal items of significant value. We also suggest that you do not keep over \$30 cash with you at any time.

Please do not bring any prohibited items to Boxwood. These items are not allowed to ensure everyone's safety and to assist you to reach your treatment goals.

We will require that some personal items be stored for you and will be available to you during free time

Allowable Items		Prohibited Items	
Alarm clocks	Tobacco Products	Aerosol containers	Knives or blades of any type
Astringent for face	Tweezers	Air Fresheners	Tank tops/sleeveless shirts
(e.g. Neutrogena/Sea breeze/Oxy-10)	Watch	Gum	Nail Clippers
Baby powder	<u>NON-Alcoholic</u>	Any product containing alcohol	Over the counter Meds.
Baby lotion	Aftershave	Bath salts (synthetic stimulants)	Picnic Coolers
Baby Oil	Deodorant	Binoculars	Pepper Spray
Bottled Water		Candy	Scissors
Mouthwash		Cameras	Straight Razors
Combs		Food/Sodas/drinks	Sexually explicit books or pictures
Curling Iron		CD/Tape/mp3 player/radio/TV	Guns
Denture Cleaner		Cell phones /Pagers	Hair Clippers
Douches		Irons	Weight Lifting Equipment
Electric Razor		Hair dye or coloring	Fingernail polish remover
Nail clippers		Cigarette lighters	Hair Spray
Long distance phone card		Clothes with sexual or offensive pictures/graphics/slogans	Electronic Games
Safety/Disposable razors		Clothes with drug or alcohol slogans	Refillable e-cigarettes
Shower Shoes		Computers/laptop/notebook/tablet	Tattoo/piercing tools
Skin Lotion			Liquid ink
Sun Block			
Toothpaste			

Any object that staff determines poses a significant risk of being used as a weapon is prohibited

General Information

05.13.15

Mail

Mailing Address for U.S. Mail: Boxwood Recovery Center
You must include PO Box# P.O. Box 1568
And "Boxwood" or Post Office Culpeper, VA 22701
Will not deliver Attention: Your Name

Physical Address for delivery Boxwood Recovery Center
by U.P.S., Fed-X, etc. 15511 Guinn Lane
Culpeper, VA 22701
Attention: Your Name

All incoming mail must be opened in the presence of staff.
Outgoing mail may be given to any staff to be placed in the "Outgoing Mail" receptacle.

Office Phone/Fax

Office Phone: (540) 547-2760 Fax: (540) 829.2992

Please do not give out the Boxwood Office phone number to your friends or acquaintances. This number is to be used for emergencies only. You must have your Counselor or the Program Manager's permission to use the Office phone.

Client Phones and Use

Client resident numbers are: **Men: (540) 829-2989 Women: (540) 829-2988**
You will have to purchase a long distance phone card to make long distance calls.

In order to ensure that everyone has access to the phones, residents must follow the guidelines below. See also the Boxwood rules.

- Each Boxwood resident is allowed either two 5 minute or one 10 minute incoming or outgoing phone call each day (10 minutes total).
- Phone use is restricted to times designated as "Free Time" on the Boxwood Schedule.

If your phone use interferes with your treatment program or create problems for others, telephone restrictions may be imposed.

Visiting/Family Program

The Family Program at Boxwood is held on Sunday from 1:00 to 3:00 p.m. At 1:00 p.m. there is a group involving all residents and family members. At 2:00 p.m. there is a 12 Step Recovery meeting (for residents only) and a family group for family members/significant others.

Open visiting for family/friends on the visitation list is from 3:00 to 5:00 p.m. on Sunday only.

Family/friends may bring approved personal items for residents (cigarettes, toiletries, etc.) only during this time. Personal items will not be accepted on other days. Any exceptions must have prior written approval of the individual's counselor. All incoming items are subject to search.

Visitation is not allowed while someone is in detox.

Boxwood (this applies to both detox and residential) clients must wait at least 30 days after completing treatment before returning to visit a Boxwood client. All clients who were at Boxwood during their treatment must have left before returning to Boxwood to visit.