

Mohr Center Handbook

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a better life, a better community

Welcome to the Mohr Center

This handbook contains information, exercises, and assessment tools designed to help in your recovery efforts. We have based the contents on what has worked for others in the past, as well as modern day evidence-based best practices in the field of recovery. Our treatment utilizes motivational interviewing, cognitive behavioral therapy, life skills training, 12-step programming, psycho/addiction education, recovery support, and mindfulness, in addition to other modalities. We hope you will suspend any disbelief or old ideas about treatment and give the program a chance; the worst that can happen is it does not help. Treatment is facilitated by trained clinicians, community service associates, nurses, peer support specialists, and other persons from the community, and is designed to address the mental, emotional, physical, and spiritual components of recovery, as well as other relevant areas of life (employment, housing, continuing care, etc.).

PROGRAM

INTRODUCTION

Congratulations on your decision to come to treatment! We are glad you are here. The decision to seek treatment is often difficult to make, and is sometimes imposed on us by outside forces. Whatever the circumstances of your admission, we hope you will ***own your decision*** to come to treatment. Whatever length of time you are here, we hope you will ***take this opportunity*** to learn more about yourself. An important factor in taking full advantage of the opportunity is how you choose to spend your time. ***Will you put it to good use by self-reflecting and self-exploring, or will you devote your energies toward watching television and participating as little as possible?*** Will you challenge old beliefs and move out of your comfort zone, or keep trying the same thing and expecting different results? Will you be vulnerable and compassionate, or distant and closed

off? At the end of the day, your destiny is yours to create, but we hope you will allow the Mohr Center to play a role in how it unfolds. Remember that your time here is not a question of why, but a question of what, who, and how:

What do I want out of life?

Who do I want to be?

How can I get there?

PROGRAM DESCRIPTION

The program is designed to meet your mental, physical, emotional, and spiritual needs while helping you learn and develop the skills to stop using substances. We offer a number of different services that address each of these areas, as well as support for continued care planning. Below is a list of some activities you will participate in during your time here. If you are concerned about any of these activities or have any questions, please do not hesitate to ask a member of the team.

Treatments

Individual Counseling	You will meet with a clinician from our team on a regular basis. Meetings may be once per week or more or less, depending on the number of individuals in the program. These sessions are your opportunity to address any issues you would like to work on with a trained professional. Your clinician and you may also choose to use this time for other purposes (developing continuing care, finding housing, etc.).
Group Counseling	Group takes place multiple times per day for one to two hours at a time. During group, you will have an opportunity to discuss any relevant issues, learn new skills, and explore topics relevant to recovery. Group is also an opportunity to go over any assignments assigned by the facilitator. The expectation is that you attend all group sessions unless excused.
Lectures & Education	Nursing and clinical staff will facilitate lectures multiple times per week. These lectures provide education relevant to life in recovery, balanced living, and health education.
Volunteer Work	As many 12-step programs state, service is an integral part of maintaining sobriety. Part of treatment at Mohr is to help you re-integrate into society as an active, productive, and happy person. Volunteer work provides you with the opportunity to participate in the community and engage with society in a healthy, helpful way.
Vocational Services	Participation in vocational services is ultimately optional, but you will be required to join the rest of the group when they participate in vocational services. Participation may include being present or group or going to the workforce development center. From these experiences, you learn the necessary skills for finding and maintaining employment.

- Acu-Detox** Acu-detox groups take place on Mondays, Wednesdays, and Fridays for one hour in the afternoon. These groups help with detoxification and carry the potential to relieve drug/alcohol craving, aide the healing and recovery process, balancing the body's energies, minimize stress, and improving sleep.
- Recreational Activity** Consumers generally take walks in the mornings at local parks as well as within different areas of the community. Consumers may also participate in sports and fitness, such as basketball, soccer, qigong, yoga, etc as offered by the program. If you are unable to participate in recreational activity due to physical limitations, please let a member of the staff know.
- 12-step meetings** Consumers attend outside NA and AA meetings on a regular basis. NA and AA are strong recovery supports, and we encourage attendance and participation post discharge. We hope you keep an open mind as you learn about their approach to recovery, and gain as much knowledge about addiction and recovery from these meetings as you can.

Daily Life

Daily life is relatively straightforward, and includes waking up on time and participating in daily activities. Staff members are available 24/7, and accompany consumers when they are in the community. Residents have a great deal of freedom, but are asked to respect the limitations they assume by enrolling in the program. Residents are expected to keep a clean living space, care for personal items, maintain appropriate hygiene, and cook meals. Residents often visit various community establishments (grocery store, gas stations, parks, etc.) with staff members and are asked to be respectful of other community members during this time. Residents will also have free time to use as they would like. Again, please be respectful of others during this time (be mindful of music volume and choice, use of the telephone, television program choice, etc.).

GENERAL TREATMENT EXPECTATIONS

During your stay, we hope you are able to make personal changes that will improve the quality of your life. However, making change is totally up to you. As the Mohr Center believes in a person centered approach to treatment, we believe that all residents have the right to choose how and what they intend to deal with while in treatment. As this is a treatment center for substance abuse, we believe that residents' focus should be on sobriety. With this in mind, there are expectations that the Mohr center hold for all residents. We expect residents to be actively engaged in treatment in a meaningful and productive manner. We expect all residents to make a personal contribution to the therapeutic process.

Please be aware that breakfast occurs between the hours of 6:30am and 8:30am. You may use this time to enjoy breakfast, take a shower, make your bed and prepare for the day. **However, you must be dressed by 9:00am and ready for morning activities.**

Group activities begin promptly at their assigned times or at the discretion of treatment staff. Please be sure to be on time and prepared for each group activity.

Residents are required to attend all therapeutic and supportive treatment activities.

Breaks are built in to the schedule between therapeutic activities as a means of assisting each client in achieving their therapeutic goals. Please be mindful of the length of each break and use the time accordingly (i.e. if you have a 15 minute break, you may not have time to make a phone call and have a snack).

Treatment staff go to great lengths to ensure that each client has a pleasant and rewarding experience. However, it is important to note that this is a treatment center for substance abuse and therefore residents are expected to participate in all facets of the treatment program. It also means that the privileges of phone and computer access, personal privacy, and individual need may be limited by the expectation of client participation in the treatment program.

Quiet time is scheduled at 11:00pm nightly. This helps ensure that all clients obtain the maximum hours of beneficial sleep. All residents are expected to be in their assigned rooms at this time. We understand that sleep may be difficult for residents during their treatment stay and understand how this can impact treatment.

GENERAL GUIDELINES

The following guidelines outline each resident's rights and responsibilities while participating in treatment at the Mohr Center. Please be aware that these guidelines have been established to ensure the safety and welfare of all residents of the Mohr Center. In order to provide the most effective treatment for substance use disorders, a therapeutic community must be established and maintained. Therefore, the safety and security of all residents is of the utmost concern to staff members.

- Alcohol and illicit drug use, possession and/or distribution is strictly prohibited anywhere within the Mohr Center Residence and the Mohr Center Campus. Use, or suspicion of use, is grounds for immediate discharge from treatment.
- Weapons of any kind are strictly prohibited.
- Use of cigarettes and chewing tobacco is prohibited in the center and on grounds.
- Aggressive, intimidating, or sexual behaviors (physical, verbal, or implied) directed towards residents, staff, or visitors are prohibited. This includes but is not limited to racist, sexist, or homophobic comments. Respect and tolerance is essential to preserving the therapeutic milieu.
- Please be mindful of the volume and choice of language within the center and on the grounds. Although "street language" is common among residents, increased volume and profanity usage could create discomfort for those residents that have experienced significant trauma.
- As respect is essential to communal living, residents are not allowed to enter any other resident's bedroom.

- Use of, and/or possession of cell phones, is prohibited. Phone and computer access is available at specific times during scheduled treatment days. Times of access are 7:30am to 10:30pm daily during breaks and free time. Please limit individual usage to no more than 15 minutes and be mindful of the needs of others.
- Facebook and other social networks are prohibited per Federal Confidentially Law CFR-42. Staff may identify other sites as inappropriate and request residents “leave” sites.
- Family Visitation occurs on Sundays between the hours of 1:00pm and 3:00pm, followed by a family group from 3:00pm – 4:00pm. Visitor approval sheets must be filled out and approved by clinical staff by Friday prior to the visit. All visitations are subject to approval by Mohr Center staff.
- Personal items, including food, cigarettes and other items may be brought by family members during Sunday visitation, but all items must be checked in by scheduled staff member.
- Store trips will be made per staff discretion. Items purchased must fall within the guidelines of acceptable items for treatment.
- Energy drinks are prohibited from purchase/use during residents stay.
- Leaving the Mohr Center or the grounds without staff supervision may result in immediate termination.
- The Mohr Center offers secure storage for Resident’s belongings upon request. The Mohr Center bears NO RESPONSIBILITY for lost/stolen items not stored by staff.
- Any items and/or materials left at the Mohr Center following discharge from the program will be disposed of. The Mohr Center does not maintain a lost-and-found.

READMISSION STATEMENT

If you have previously been a consumer at the Mohr Center, please complete this exercise. If this is your first time at the facility, you may skip this section.

Why did you choose to come back to the Mohr Center and what are you willing to do differently this time? (100 words or less)?

JOURNALING

You are encouraged to keep a journal throughout your treatment experience at the Mohr Center. Hopefully you will find this practice beneficial and will choose to continue after your discharge.

Journaling is a tool for self-expression and reflection. This practice has been useful in education fields as well as for personal growth. Components of journaling include writing and reflecting about daily events and exploring your reactions, thoughts, and feelings to these events. The art of writing about one's thoughts, feelings, and experiences provides a modality for the development of insight, and provides an opportunity for critical and creative thinking.

Including visual images in your journal can enhance the opportunities for insight. Making images is generally thought to be a function of the right side of the brain. These areas of the brain also hold emotional experiences; therefore, visual images may offer a channel for accessing and experiencing your feelings. In *Drawing on the Right Side of the Brain*, Betty Edwards explains that drawing can help gain access at a conscious level to your intuitive and creative potentials that are largely untapped by verbal means. Combining drawing and art making as part of your journal will aid in the discovery of your beliefs, values, and feelings.

Benefits of journaling include providing a time and place to slow down, and the practice may be viewed as a meditative experience. Journaling has been found to help process difficult events and emotions as you focus on the event to write about your reactions and feelings in a safe place.

Through journaling, you will embark upon a self-directed and creative journey using words and images to observe and reflect on your life. You may even discover a practice that you will take with you and use for many years.