

Boxwood Recovery Center – Information Sheet

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) 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 your 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

You will need enough clothes for 5-7 days. Dress appropriately: skimpy clothes (e.g., short shorts, tank tops, etc.) are not allowed.

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

Money & Valuables - We suggest you don't keep over \$30.00 with you at any time. All valuables must be sent home.

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.

*** These items will be stored in your personal storage area and will be available to you during Free Time.*

Allowable Items		Prohibited Items	
Alarm Clocks	Bottled Water	Cigarette Lighters	Candy (except for hard candy)
Toothpaste	Tweezers	Large/Med Scissors	Food
Combs	Fans	Straight Razors**	Clothes displaying drug or alcohol slogans
Nail Clippers	Phone Card	Sexually Explicit Books and Pictures (e.g., Playboy)	Clothes displaying any sexually explicit pictures/graphics/slogans
Manicure Scissors (small)	Cigarettes	Binoculars	Personal Iron
Douches	Tobacco Products	Radios	Over the Counter Medications
Baby Powder	Vitamins	TV	Fingernail Polish Remover
Hair Clippers	Pillow	CD Player/MP3 Players (e.g., iPod)	Picnic Coolers
Curling Irons	Blanket	eReaders (e.g., Kindle, Nook)	Laptops/Netbooks/Notebook computers
Blow Dryers	Watch	Cell Phones	Air Fresheners
Baby Lotion	Aerosol Shaving Cream**	Smart Phones (e.g., Blackberry, iPhone)	Bath Salts (synthetic stimulants)
Baby Oil	Fingernail Polish**	Cameras	
Skin Lotion	Astringents for face (e.g., Neutrogena, Sea Breeze, Oxy-10)**	Electric Games	
Suntan Lotion	Non-Alcoholic:	Guns	
Denture Cleaners	• Mouthwash**	Knives (All weapons are prohibited)	
Linens	• Perfume**		
Electric Razor	• Aftershave		
Safety/Disposable Razor**	• Deodorant		
Gum & Hard Candy	• Hair Spray		
Shower Shoes			

Medications

- Please remember to bring all of your currently prescribed medications to Boxwood.
- Prescription medication must be in its original container(s).
- Make sure you have enough prescription medications for the length of your stay.
- As noted above, do not bring any over-the-counter medications.
- If you are diabetic, bring your equipment: glucometer, test strips, etc.

Phones

Phones are available to make local calls at specified times during the day. These phones are unavailable during all scheduled program activities and overnight. You may want to bring a phone card if you cannot make collect calls to family/friends.

Resident phone numbers are: **Men: (540) 829-2988** **Women: (540) 829-2989**

Transportation

You should plan with your family or friends how you will get to/from Boxwood.

Visitation

Family Program - Boxwood's family program is on Sundays from 1-3pm. Your family, friends and significant others are encouraged to attend to learn more about recovery and how they can help.

Regular Visiting Hours – Sundays from 3-5pm.

Boxwood staff will discuss the guidelines for visitors and explain our family program once you arrive.

Discharge Planning

Your counselor at Boxwood, in cooperation with your CSB worker, will help you develop a discharge plan for your life after Boxwood. This discharge plan will promote your continued recovery. It will be shared with the Community Services Board that referred you to Boxwood.

Directions

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From Charlottesville and Points West:

Route 29 N to Culpeper. Turn left onto Braggs Corner Road (there's a light). Turn right at the next light onto Brandy Road/US-15-BR N/US-29-BR N. (Target will be on your left. Continue to follow Brandy Road, turn left onto Guinn Lane Boxwood is at the end of Guinn Lane.

From Warrenton and Points North

Route 29 S. to first Culpeper exit. Right at the top of the ramp onto Brandy Road. Travel approximately 1 mile. Turn right on to Guinn Lane. Boxwood is at the end of Guinn Lane.

From Fredericksburg and Points East

Route 3 West to Culpeper. In Culpeper, take Route 29 N. Turn left onto Braggs Corner Road (there's a light). Turn right at the next light onto Brandy Road/US-15-BR N/US-29-BR N. (Target will be on your left. Continue to follow Brandy Road, turn left onto Guinn Lane. Boxwood is at the end of Guinn Lane.