

# Wellness Recovery Center Preadmission Info

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What you should know prior to admission.

- 1) Please bring:
  - a. Two weeks supply of all medications you are prescribed
  - b. Up-to-date insurance card
  - c. Pharmacy card (if applicable)
  
- 2) Medications **must** be in pharmacy-labelled bottles. Please do not bring more than of 30 days of any medications, as the WRC has limited storage space.
  
- 3) Please do **not** bring:
  - a. Medications for which you do not have a prescription
  - b. Alcohol-based toiletries (i.e. alcohol is one of first three ingredients)
  - c. Hair dyes
  - d. Lighters, matches, candles, etc.
  - e. Cigarettes, alcohol, vaping devices, or illegal substances
  - f. Knives or weapons
  
- 4) All supplements and non-FDA approved medications must be approved by the WRC doctor on arrival. You can call the WRC ahead of time to speak to a nurse about any concerns.
  
- 5) Please **reschedule** any appointments you have with providers in the community (i.e. doctors, outpatient therapy, physical therapy, etc.). The Wellness Recovery Center has limited ability to accommodate outside appointment requests.
  
- 6) If you have dietary restrictions (i.e. vegetarian, vegan, dairy-free, gluten-free, allergies, etc.), please call the Wellness Recovery Center at (434) 972-1876 and ask to speak to nursing ahead of time so that we can accommodate your dietary needs. If you have a severely restricted and/or medically indicated diet, please also call ahead of your admission – in these limited circumstances we do at times allow residents to bring in their own sealed food.
  
- 7) **IMPORTANT:** Communicate any changes in your intent or ability to admit to the WRC at the time specified. Please call Region Ten Emergency Services at (434) 972-1800 with any updates if you are a Region Ten consumer. This allows us to contact the next person who may be waiting to admit to the program.
  
- 8) Valuable belongings like laptops, tablets, and/or cell phones will be placed in a storage locker during your stay. Belongings that could potentially harbor insects (like bedding, pillows, clothing, luggage, etc.) will be placed in our “heat tent” for approximately one hour at the time of admission. The temperature is high enough to eliminate insects, but not high enough to damage belongings.

## [FAQS](#)

### **What kind of services can I expect at the Wellness Recovery Center?**

- Individual therapy with therapist or social worker
- Treatment planning using bio-psycho-socio-spiritual model of mental health
- Up to eight groups daily on a variety of topics
- Case management and community referrals
- Medication management and medical referrals
- 24/7 support from skilled staff in a comfortable setting

### **What sorts of mental health crises does WRC treat?**

Most people we treat live in the community with chronic mental health conditions like depression, anxiety, and trauma. However, due to life circumstances or a simple worsening of symptoms, they lose the ability to function effectively and/or are at increasing risk of harming themselves or others. We also treat those experiencing their first mental health emergency.

### **How does WRC help someone experiencing a crisis?**

At Wellness Recovery Center, we assume that there is no one size fits all approach to returning someone to a sense of hope, well-being, and skillful living. We begin with in-depth assessment and treatment planning. Our experienced therapists and social workers offer individual and group therapy daily. Our case managers help connect you to community resources and follow-up care. Our psychiatrists, nurses, and techs focus on medical and psychiatric needs. Finally, we have found that just being around other residents who “get it” can be very healing. Together, as a team, we treat the whole person wherever they are at when they arrive at our front door.

### **Can I smoke?**

The Wellness Recovery Center became a non-smoking facility as of July 1, 2017. During your stay, we can support you with nicotine-replacement therapy. Nicotine patches, gum, and lozenges are available. We also offer Acudetox acupuncture, which has been proven to help reduce cravings.

### **What are the daily groups at Wellness Recovery Center?**

- **Community Meeting and Movement:** In this first meeting of the day, clients will check-in regarding their overall mood and well-being, as well as set goals and intentions for the day. Mindful movement such as walking, yoga, stretching, or other activities, will also be incorporated into this group session.
- **Dialectical Behavior Therapy (DBT):** In this skills training group, clients will learn about a particular skill or set of skills, specifically chosen to help them learn to manage overwhelming emotions and cope more successfully with the stressors that have contributed to their crisis.
- **Topics Group:** This group is on a topic related in some way to mental health recovery. Topics groups range widely in content and format and may touch on various aspects of mental health symptoms and recovery. Examples include: self-care, learning to counter negative self-beliefs, psychoeducation on grief, journaling for anxiety and depression, horticultural therapy for anxiety and depression, trauma psychoeducation, and many others.

- **Skills Practice And Recovery Kit (SPARK):** In this hands-on group, clients will have an opportunity to practice skills taught earlier in the day/week/admission. SPARK group is a time to work on assignments given to you by your 1:1 therapist, apply skills and topics covered in DBT group, and/or work on tangible, physical resources that clients can take with them when they leave. A staff person will join clients to support them individually and collectively during this work.
- **Process and Movement:** This group is the afternoon counterpart to community meeting. Here, clients will check-in regarding their overall mood and well-being and provide updates on their progress and goals for the day. Mindful movement such as walking, yoga, stretching, or other activities, will also be incorporated into this group session.
- **Relaxation/Recreation Stations:** This last group of the day is an opportunity to engage in mindful and calming activities that promote good sleep hygiene. Staff will offer and encourage an array of options (“stations”) so that each client can experiment with activities that may be beneficial for her/him/them. Examples include: mindful walk outdoors, listening to calming music, coloring, making and drinking herbal tea, and yin relaxation yoga.