

The Recovery Center of Baton Rouge Client Handbook

Welcome to The Recovery Center of Baton Rouge. We are honored you have chosen our program to begin your journey in recovery. Getting sober and going through treatment may be one of the most challenging experiences you'll ever encounter. Our program and staff will make every effort possible to help you make it through early recovery and achieve the goal of getting your life back.

Please use this handbook to familiarize yourself with the staff, facilities, expectations and services of The Recovery Center of Baton Rouge.

What to Expect

Most people entering treatment have a hard time understanding exactly what it is their getting themselves into. There's a good reason for this. Addiction is a very complex and all-encompassing problem. It affects nearly every aspect of our lives.

Upon admission to the program, you will meet with a licensed counselor to develop a comprehensive plan identifying problems, goals, and solutions. Our staff will assist you in addressing the addiction and other identified goals through the following:

- Weekly Addiction Recovery Groups
- Weekly Family Therapy Group
- Weekly Psychotherapy Group
- Assessment for Trauma, Toxic Grief, and Dual Diagnosis
- Weekly Individual Sessions with a licensed counselor.
- Learning more about addiction, recovery, family dynamics, and underlying issues
- Beginning to work the 12 Steps
- Attendance of AA/NA, SMART, or Celebrate Recovery meetings (Clients are asked to attend 3 AA/NA meetings per week)
- Relapse Prevention
- Introduction to the local 12-step recovery community
- Learning how to problem solve and live life without the use of chemicals
- Referral for Individual Psychotherapy, Psychiatry/Medication Management, Medication Assisted Treatment, Psychological Testing, and Private Family Therapy.
- Comprehensive discharge plan

Simply stated, if you're sick and tired of the problems in your life (e.g., relationships, work, school, family, financial, legal, etc.), whether there directly or indirectly related to your chemical use, recovery can and will offer you a solution. The catch is this: It's up to you to apply the solution and develop willingness to do whatever it takes to stay sober.

Program Location and Contact Information

The Recovery Center of Baton Rouge, LLC
673 E. Airport Ave.
Baton Rouge, LA 70806

Office: (225) 927-7475
Fax: (225) 927-7477

Program Schedule and Office Hours

Monday 5:30pm to 7:45pm (Addiction Recovery Group)
Tuesday 5:30pm to 7:30pm (Co-occurring/psychotherapy Group)
Wednesday 5:30pm to 8:00pm (Multi-Family Group Therapy)
Thursday 5:30pm to 7:45pm (Addiction Recovery Group)

Office Hours: Monday – Thursday 10:00am to 5:00pm, Friday 9:00am to 1:00pm

Group Therapy

Groups are a primary source of therapeutic process at The Recovery Center of Baton Rouge. It is through a supportive group process that clients express feelings, work through both individual and group issues, and develop their problem solving skills.

Addiction Recovery Group Description

This group is where clients discover the “nuts and bolts,” or basic skills, required to maintain an ongoing and meaningful recovery. Common issues addressed include working Steps 1-3, dealing with substance cravings, Relapse Prevention, making life-style changes, spirituality, and integrating into 12-step or SMART Recovery. Each client’s specific focus in the program is based solely on his or her current situation, past treatment experiences, length of abstinence from substance use, and personal goals. One size does not fit all when it comes to finding recovery.

Family Group Description

The family program consists of a weekly group for clients with one (1) to two (2) family members. The focus of group is on understanding how addictions affect family systems, communication, boundaries, and coping with reactions and feelings towards the addiction and family. AlAnon, individual therapy, or family therapy may be recommended for family members.

Group Psychotherapy Description

The weekly psychotherapy group is designed to allow clients an opportunity to identify issues that underlie the addictive behavior, cope with difficult emotions, work on interpersonal skills, and to begin addressing unresolved issues that may frustrate attempts at recovery. This group is also a forum for clients to address issues relating a dual diagnosis (e.g., Depression, Bipolar, Anxiety, etc.).

Group Structure

1. Clients should be on time for scheduled groups in an appropriate and timely manner.
2. No eating or drinking during group.
3. Clients may not lounge during group.

4. Clients and staff should stick to the topic at hand, be respectful of the group member speaking without interrupting, practice active listening skills, and share feelings and thoughts appropriately. No “put downs” will be tolerated.
5. Clients are encouraged to share solutions to the presented problems.
6. Use “I” statements. (I think, I feel).
7. Share only once on an issue to allow others time to share.
9. Confront peers out of care and concern. Avoid using confrontation as retaliation. Respond to feedback and confrontation with “Thank you.”

Confrontation

One of the hallmarks of addiction is the chemically dependent person’s inability to see reality as reality is. We may not be aware of what’s wrong with us. Part of recovery is developing the willingness to point out issues or areas that need attention. It is recommended that all confrontation take place in the group setting and be done **only** out of care and concern.

Dress Code

The easiest thing to change is our appearance – looking sober is the first step towards being sober. No clothing with alcohol, drug, or profane implications is allowed. All shoes must have backs on them and be worn with socks. All clothing must fit appropriately. For female clients, no low-cut shirts, blouses, or skirts (must be knee length or longer) are allowed. For male clients, no piercings are allowed on property.

Program Rules and Expectations

Part of the recovery process is learning new ways of living. Program rules and expectations are designed to assist clients in the development of healthy lifestyles and relationships, and encourage the client to take responsibility for his or her substance use disorder and other issues. We ask that you be willing to follow these expectations and we will assist you in finding a new way of life.

1. Use or possession of Mood-Altering Chemicals, including alcohol, is grounds for staff intervention/discharge from the program. All clients are subject to random drug and alcohol testing to verify ongoing abstinence.
2. Physical violence or threats of physical violence, either verbal or non-verbal while a client at The Recovery Center of Baton Rouge, LLC is grounds for staff intervention/discharge.
3. Intentionally destroying The Recovery Center of Baton Rouge, LLC or another client’s property will result in the person responsible replacing items destroyed or damaged.
4. Confidentiality regarding all other clients is crucial, so please do not discuss other clients unless they are present. As staff offices contain confidential information, no one is to be in offices without a staff member present. Again, trust is a vital part of the program.

5. To maintain a cohesive group environment and to receive the maximum benefit from treatment, all clients are required to attend all scheduled group and individual sessions.
6. In order to integrate into the local recovery community, all clients are required to attend a minimum of three (3) outside AA/NA, SMART, or Celebrate Recovery meetings per week and obtain a sponsor or mentor during the program. Clients may be asked to document/verify meeting attendance and having a sponsor.
7. Part of recovery is accountability. Help your peers become responsible for themselves by offering feedback and encouragement during group sessions.
8. Romantic relationships and/or sexual behavior are a distraction from the treatment process, and as such, are strongly discouraged. Romantic Relationships and/or sexual contact with other group members is grounds for discharge.
9. Appropriate clothing will be worn to all group sessions. If you have questions about what is appropriate, please ask a staff member.
10. Smoking is allowed only in designated areas outside.
11. As part of making a lifestyle change sufficient for recovery, going into bars, night clubs, head shops, tattoo parlors, casinos, concerts, or parties is discouraged.
12. Developing a new peer group is a crucial, and often difficult, requirement in recovery. As such, clients are encouraged to end relationships with “old using friends.”
13. Once you have become a client, modifying your behavior is expected. You will have input into your treatment planning and compliance with your treatment plan is strongly encouraged.

Clients who are unwilling or unable to follow the above Rules and Expectations will:

1. Meet with the clinical team to discuss treatment planning options/changes that might assist the patient in fully engaging in, and complying with, treatment; or
2. Be discharged and referred to a higher level of care (i.e., partial hospitalization, residential, etc.).

Staff/Treatment Team

Robert Harvey, MD, ABAM
 Rudy L. Troyer, LCSW, LAC
 David “Fritz” Vogt, LCSW
 Elizabeth Know, LPC
 Garrett Cheramie,
 Sam Hatchett, RAC

Medical Director
 CEO/Administrator
 Clinical Director
 Family Therapist
 Admissions Coordinator
 Addiction Counselor

The 12 Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe in a power greater than ourselves that could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, ourselves, and another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Continued through prayer and meditation to improve our conscience contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

A working definition of chemical dependency:

The continued use of mood-altering chemicals (including alcohol) despite harmful consequences related to the use.

Advantages of this definition:

1. It is problem-based. It focuses on the effects the drug has on the life of the client and other people in the client's life.
2. It is a "great leveler" in that it does not take into account the type of drug, amount of drug, or frequency of use. These factors are not a working part of this definition, but will become relevant in the person's treatment program.
3. Since our focus is problem-based, we are not as concerned about labels such as "alcoholic," "drug-addict," "coke head," etc.
4. A problem-centered approach interferes with denial by making a direct connection between substance use and client/family problems.

The Disease Process:

What are the reasons for calling chemical dependency a disease?

1. The World Health Organization defines a disease as a "pathological condition resulting in impairment in the mental or physical functioning of an individual." Under this definition, CD certainly qualifies.
2. The main reason for calling it a disease lies in the four of the disorder's characteristics: primary, chronic, progressive, and fatal.

- a. **Primary** means it isn't the symptom of some other disorder. CD is a disorder in and of itself.
- b. **Chronic** means that once you have it, you'll always have it.
- c. **Progressive** that the symptoms tend to get worse over time.
- d. **Fatal** means that CD can kill the person through accident, suicide, homicide, or biological deterioration.

What are the clinical advantages for using the disease process?

- 1) The disease process- which is taught to clients and families in most treatment centers and is endorsed by Alcoholics Anonymous and the American Medical Association- reduces the shame and stigma associated with the disorder.
- 2) If the individual and family see CD as a disease they are less likely to view it as weakness of character, personality flaw, irresponsibility, immaturity, or moral failing.
- 3) "Disease" implies that there is a treatment for it.
- 4) "Disease" implies that the disorder is serious and is beyond the will power of the user.
- 5) "Disease" gives the client and family something to manage. Like the disease of diabetes or hypertension, chemical addictions can be successfully managed, but not cured. The main form of management for chemical dependency is a program of abstinence and recovery.

You may experience some of the following which may hinder your treatment:

- 1. You may experience a temptation to present a different part of you or create a front to protect you from the treatment experience.
- 2. You may focus on what is wrong with the other clients, staff, the program, family matters, family finances, or other things rather than dealing with yourself. You may shift blame to the above people/situations for the problems you are experiencing in your life.
- 3. You may think/feel that your feelings of anger and hurt, feelings of being "out of control" or scared are more intensified than before you began treatment.
- 4. You may realize that you have created some complex coping mechanisms for survival that may now be hindering your recovery.
- 5. You may keep secrets or avoid talking about how you feel, your past, or your agenda about treatment.
- 6. You may resist attending and participating in treatment, i.e., arrive late, stay silent during group, or not complete written assignments from your therapist.

7. You may tell yourself that what happened to you was not as bad and that other people's needs are more important.

We hope you discover a new perspective of self worth with the realization that you are precious simply because you are!