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Dear Future Resident,

We would like to thank you for choosing the Sid Martin Bridge House at Meridian Behavioral Healthcare to assist you with your substance abuse treatment needs. We look forward to providing you with personalized comprehensive care focusing on health, recovery, and wellness.

Our treatment team includes licensed clinicians, masters level counselors, recovery counselors, recovery specialists, nurses, and physicians. Our staff is dedicated and passionate about recovery and creating a safe, welcoming environment in which to establish the foundation of recovery. Our emphasis on this foundation is what sets us apart from other programs. We believe that life-long recovery starts not with a quick and temporary fix, but in a solid foundation.

The first step in moving forward with an admission to our program is to complete the questionnaire on the next page and discuss it with your counselor. If they plan to refer you for the program, then you will need to provide us with the following documents:

- A health history and physical exam completed by a medical provider within the last 30 days (negative Covid-19 results if coming from a hospital)
- A negative result from a TB test no older than 30 days
- A complete list of all medications you are currently taking (prescription and/or over the counter)
- Proof of income to determine your copay responsibility. Proof of income includes any of the following:
 - Paystub for last 30 days
 - Income tax return from the most recent tax year
 - Letter of benefits (EBT/Medicaid)
 - Proof of unemployment
 - Notarized letter from someone that has been assisting you with food or shelter
- A letter from you explaining why you are seeking residential substance abuse treatment services. Please include information on your use including substances used, age when you started using, frequency/amount of use, and date you last used for our doctor to review.

Attached you will find information that will be helpful in preparing for your admission to our residential treatment program.

We would like to thank you for choosing The Sid Martin Bridge House at Meridian Behavioral Healthcare to assist you in your treatment needs. We look forward to being a part of your journey to recovery.

Sincerely,
Rebeca L. Kovar, MHS, CRC, LMHC
Director of Residential Substance Abuse Services



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Bridge House Residential Treatment Questionnaire

Are you thinking about changing a bad habit or unhealthy behavior?
Take this brief “ready or not” quiz and see just how ready you are.

1. Regarding my awareness about this behavior:

- a. Others have suggested that I have a problem behavior but I don't agree.
- b. I might have a problem behavior but I am not sure.
- c. I have a problem behavior.

2. When a loved one or trusted friend suggests that I may have a problem behavior ...

- a. I am likely to tune them out, change the subject or get defensive.
- b. I don't like it, but I know that they see something that worries them and are right in expressing concern.
- c. I am ready to listen and talk about it.

3. This problem behavior ...

- a. is really just a nuisance and I don't have time to deal with it.
- b. is causing me worry and/or distress.
- c. is causing me, and some of the people I care about, significant worry and/or distress.

4. When I think about my problem behavior ...

- a. I usually make excuses, rationalize or minimize its impact on my life.
- b. I want to change but I don't because of fear, pride or lack of motivation.
- c. I really want to change but don't know how to begin or continue once I start.

5. Regarding knowledge of my problem behavior:

- a. I know very little about it.
- b. I have begun learning more about it.
- c. I have learned a great deal about it.

6. Regarding my knowledge of resources for my problem:

- a. I don't know of any resources.
- b. I have learned about some of the resources available but don't feel I have enough information.
- c. I have more than adequate knowledge about how or where to get help.



7. Regarding my current motivation for change:

- a. I have practically no, or very little, motivation at this time.
- b. I have some motivation to change but I will need more to succeed.
- c. I am very motivated to change.

8. Regarding my current plans to change:

- a. At this time, I have no plans to change.
- b. I am thinking about change and the impact it would have on my life.
- c. I have a definite plan for change.

9. Regarding my support for change from others:

- a. I have almost no support from others.
- b. I have some support but it may not be enough.
- c. I have excellent support.

10. Regarding previous attempts to change:

- a. I have never seriously attempted to change this behavior.
- b. I have tried to change on one or more occasions but have failed miserably.
- c. I have tried to change before and have had some temporary success.

For funding source please answer the following:

1. Do you have any children 18 years or younger? Yes or No

If yes, do you still have your parental rights? Yes or No

If no, are you currently in the process of regaining your rights? Yes or No

2. Have you ever used opiates? Yes or No.

If Yes, how much and how often did you use? Daily, Weekly, Monthly

Sources: *Changing for Good* by J.O. Prochaska, J. C. Norcross, and C.C. DiClemente. Morrow, 1994; *The Transtheoretical Approach: Crossing the Traditional Boundaries of Therapy* by J.O. Prochaska and C.C. DiClemente. Krieger Publishing Company, 1984.



Adult Substance Abuse Residential Program

Thank you for your interest in the Sid Martin Bridge House program with Meridian Behavioral Healthcare. The following packet contains everything you need to apply for admission into the Bridge House Program. Please read this packet carefully and complete all parts before returning it to your admissions counselor in the Access Center.

Please use the following checklist to guide your process. Documents can be submitted via email, fax, or in-person.

- ☐ Review the attached documents to ensure the program will fit your needs
- ☐ Call Meridian's Access Center at 352-374-5600 and select option 2 or dial extension 5096 to be screened and assigned an admissions counselor. You can reach the Access Center Monday- Friday from 7:30am to 6pm.
 - My counselor is: _____
 - My counselor's extension is: _____ or x5096
 - Email address: AccessCenter@MBHCI.Org
 - Fax number: (352) 244-0308

- ☐ Submit a recent (less than 30 days old) Tuberculosis (TB) test
- ☐ Submit a recent (less than 30 days old) Physical (and health history)

If you have a primary care doctor, they can fax these records to (352) 244-0308. If you do not have a primary care doctor, you can contact our Primary Care Clinic at (352) 374-5600 x8990 for services. Let the clinic know you are applying to the Bridge House program and bring your packet with you to the appointment.

- ☐ Submit list of current medications (prescription and over the counter)
- ☐ Submit a letter explaining why you're interested in Bridge House. Please include information on your substance use (substance used, age when you started using, frequency, amount, and date you last used).
- ☐ Complete financial counseling

This step will happen after the above paperwork has been submitted and approved by our doctor. If you do not receive a phone call from a financial counselor within three business days of submitting your completed paperwork, contact your admissions counselor.

- ☐ Keep updated phone number on file and make contact every 30 days

At this point, you will be added to Bridge House's waitlist. We will contact you as soon as a bed becomes available. Your counselor has no control over bed placement and the timeframe in which you will be admitted. You will be responsible for keeping an updated phone number on file with us. You will be removed from the waitlist if we cannot contact you or if you refuse a bed when called for admission. If you have any program specific questions please contact the Bridge House admissions coordinator, Cortney Gruver, at (352) 374-5600 x8308 Monday – Friday 8:00am – 4:00pm or email at Cortney_Gruver@mbhci.org.

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Wellness is Within Everyone's Reach

Sid Martin Bridge House Orientation



The following is a brief overview and is not intended to be a complete orientation to the program or a review of all rules/procedures of the program. A complete orientation is completed during your 1st week of treatment.

- There is no tobacco or vaping product allowed at Bridge House. We are a tobacco and vape free program. There are no smoke breaks and use of tobacco, vapes, or products relating to these will result in a consequence. Once you have left detox you are considered a bridge house client and you may not smoke prior to entering program/ building. After three consequences the client will be staffed for discharge. Tobacco products (including vapes) will be disposed of upon arrival if brought with client.
- Romantic relationships at Bridge House are strictly prohibited. Clients are here to focus on their own recovery. Any sexualized behavior will result in a consequence. After six consequences the client will be staffed for discharge. Engaging in sex will result in immediate discharge.
- During the first week of treatment there will be no visitation. Clients may have friends/family members drop off essential items during this time but they may not visit. (Per agency-wide Covid protocol, there are no visitations allowed until further notice).
- There will be no off site passes until the client has been in treatment for two weeks. Bridge House does not transport clients to their off-site passes. Proposals for passes will be submitted for approval by the treatment team. Passes are limited to 12 step meetings and events, legal and medical appointments, and emergencies. Passes are not for shopping, family/ friend outings, or leisure. (Per agency-wide Covid protocol, there are no passes allowed until further notice).
- You may have an mp3 player with headphones. Your mp3 player cannot have a camera or ability to access the internet. A cell phone may not be used as an mp3 player. All other electronics, **cell phones**, laptops, iPad, etc... are not allowed.
- You are required to apply for food stamps as an individual and these benefits are for Meridian's use as allowed under law to offset the cost of food. If you currently have an open case as a family, they have to reapply separately. If you currently are on food stamp benefits, **no one other than Meridian may use these benefits for the duration of your stay. If anyone other than meridian uses your food stamp benefits while you are in treatment, it could be reported as fraudulent.**

- If you are interested in participating in medically assisted treatment (methadone, Subutex, Vivitrol, etc...) the resident doctor at Bridge House will need to approve and prescribe the course of treatment. Bridge House DOES NOT pay for medically assisted treatment. It will be the sole responsibility of the client to pay for it. If you are on Subutex or any other narcotic medication, please be aware that the dosing protocol for Residential treatment is to crush the tablet prior to administration. If you are on Subutex or any controlled substances and leave treatment without successfully completing the program, those medications may be held and destroyed by order of the doctor.
- You are required to attend ALL treatment groups and ALL 12 step meetings provided at Bridge House.
- This is a minimum 28-day program but completion of the program is not determined by length of stay, rather completion of relapse prevention plan, set goals, and treatment as determined by your counselor.
- This is a fragrance free facility. Please arrive free of fragrance. Please do not bring fragrance products with you. If you arrive with these products, they will need to be picked up or discarded.
- In most circumstances there is a \$56.00 copay due upon arrival. This will be due again every 30 days.
- Bridge House does not provide housing and we have limited social services offered. During your time in treatment, we will do everything we can to provide a smooth transition into the community after discharge however, it is ultimately up to the client to find housing, employment, apply for any benefits such as Medicaid, etc..



Items to Bring with You

Staff will search all property. Clients are assigned shared closets and dresser space to organize a limited amount of clothing and/or personal items. If these closets/drawers become overcrowded, staff will require excess clothing/personal items be sent home or donated to a clothing bank.

HYGIENE ITEMS

We provide all hygiene products including: Toothbrushes, toothpaste, deodorant, shampoo, conditioner, soap, body wash, sanitary napkins, and tampons.

YOU CAN bring:

Brush/comb, hair dryer/styling tool, cosmetics/cosmetics case, small basket to keep hygiene products in, tooth brush (provided but you may bring your own), mouthwash (unopened in CLEAR bottle), tampons and sanitary napkins (in unopened box. Products that appear to be tampered with will not be allowed)

REMEMBER TO BRING

- 30-day supply of medications (prescribed and over-the-counter)
- ID or Driver's License
- Social Security Card
- Insurance or Medicaid Card

WE DO NOT PROVIDE

- Transportation/bus passes
- Housing after treatment

CLOTHING

DO NOT bring clothing that is:

- Tube tops, halter tops, spaghetti straps, see-through clothing
- Shorts, skirts, and dresses that are shorter than 4" above the knee
- Clothing depicting anything drug, gang, sex, etc. related
-

Any clothing that is not appropriate will be sent home

CLOTHING

YOU CAN bring:

- 2-3 night gowns/pants/shirts
- 1 robe
- 1 pair of slippers
- A week's worth of clothing appropriate to weather
- 8-10 pair of underwear
- 7 pairs of socks
- 1 pair of casual shoes
- 1 pair of sneakers
- 1 pair of dress shoes
- 1 pair of shower shoes

WE PROVIDE

- Sheets, blankets, pillows, towels, & wash clothes
- Medical, court (legal), recovery related passes on a case by case basis after two weeks of treatment
- 3 meals plus snacks
- Television in shared common area
- Washer/Dryer & Detergent

PERSONAL ITEMS

YOU CAN bring:

- 10 loose pictures or other items for bulletin board
- Religious or Recovery reading material
- Hard individually wrapped candies
- Nicotine replacement products (gum, patches, lozenges)
- MP-3 player or other small music device with earbuds (A cellphone or device that has a camera or ability to connect to the internet will not be allowed)
- Long distance calling card if needed
- Pens, pencils, notebook, paper, binder/folder
- \$20 in small bills for vending machine if desired
- Glasses/contacts if needed
- Limited small amount of jewelry (wedding ring, earrings, and single necklace) if desired

DO NOT BRING

- Drugs, alcohol, paraphernalia
- Cigarettes, Tobacco products, vapes, e-cigs, etc...
- Food, drinks, soda or candy (unopened hard candy is allowed)
- Perfume/cologne or any other scented product
- Tablets, laptops, cell phones
- Weapons or items that can be used as such
- Pornography
- Pillows, bed linens, blankets