

Family Orientation Manual

Treatment Program Overview

Mission Unity Treatment Services team offers you and your family the opportunity to create a life of excellence beyond sobriety by providing effective long term relapse prevention treatment. The heart of Mission Unity Treatment Services is our staff. We value the dedication and passion that the staff invests in your treatment with supportive environment allowing for allowing for personal, professional and financial growth.

Mission Unity Treatment Services Philosophy

We are convinced that addiction is a disease of the human spirit. It is impossible, however, to ignore biological, psychological, social, and environmental components that impact the development of the human being and fuel the addiction. Our experience has shown that when the spiritual malady is addressed, we heal mentally and physically. Naturally, we do not ignore the other aspects of the illness in your treatment. Therefore, our treatment is based on spiritual principles that treat the whole person coupled with proven medical and mental health interventions. Abstinence is the first step of the process in assisting our clients to create a new life of excellence. This outcome can only be accomplished one day at a time and is attainable for anyone willing to surrender and take the necessary steps.

Physical Setting

Mission Unity Treatment Services is located in Port Charlotte, Florida. Our peaceful setting is conducive to the process of healing the mind, body, and spirit of those who suffer from chemical dependency.

Treatment Regimen and Program Overview

Our goals, through the introduction and utilization of the 12-step program for living, coupled with a three phased treatment approach, is to guide the chemically dependent person to abstinence. This is, however, just a beginning. Abstinence coupled with a commitment to a new way of life and through the practices of spiritual principles, the clients can look forward to a life in which they have the tools to live successfully without chemicals. Our belief is that the illness of chemical dependency is three fold in nature; affecting the mind, body and spirit of each individual. Therefore, our program is designed to treat the “whole person” along with providing education and support for the family and significant other in each client’s life. A commitment to taking responsibility for self and being responsible to others is a vital aspect of individual recovery.

About Our Program

One of the key elements of our program is all of our staff and instructors know firsthand what it takes to get and stay sober. Having lived through the addiction themselves, our instructors can directly relate to what fellow addicts and alcoholics are now going through. One drawback of many rehabilitation centers is the inability to fully understand the drug addict or alcoholic.

Anyone can read about the life of an alcoholic or drug addict but if they have never lived it themselves, they will never truly know the feelings, emotions, fears, and thoughts of an alcoholic or drug addict. Our instructors are able to explain what to expect in recovery, how to deal with certain situations or individuals and how to overcome temptations and remain sober. Every one of our instructors is a pillar of support.

Here at Mission Unity, we don't just talk the talk, we walk the walk.

Our staff and instructors care about every individual that walks in our doors. We know firsthand that alcoholism and drug addiction is a life and death issue. We don't just believe in our program, we live it, and our clients can too.

Our program offers 24-hour supervision, 7 days per week. Activities are highly structured and supervised by competent staff members. In addition to our professional staff we are fortunate to have recovering volunteers that work closely with our residents to assist them in becoming acclimated to the fellowship of the 12-step programs. We strongly believe in participation in daily 12-step meetings in addition to professional counseling and therapy. Residents experience in house meetings as well as meetings in surrounding communities. This situation affords our residents the opportunity to experience recovery in the real world.

Research in the field of substance abuse treatment has proven that recovery is dramatically enhanced through a continuum of care. With this research in mind, we have developed our program with three levels of treatment that allows the residents to transition through phases with the end result being successful reintegration into society with a firm foundation for sober living.

Client Population

Our residents usually have a history of conventional 28-day treatment programs. Many of them have been in and out of AA/NA for years. For this resident population TIME is the most critical factor for full and successful rehabilitation.

TIME allows: The mind a chance to develop new mental habits which brings about a change in thinking. The practice and refinement of new behavioral skills, the replacement of unhealthy people, places and things with a healthy recovering community that supports growth and sobriety and Family relationships to begin a healing process enhanced by involvement in the family program.

Our commitment is excellence in treating this pervasive, cunning and baffling illness. We pride ourselves in helping those who have yet to find long lasting and meaningful sobriety. At the core of our program are our staff members who possess strong interpersonal. The staff is continuously being trained on the newest state of the art techniques in treating addiction.

Your involvement can influence a positive or negative outcome. Substance Abuse treatment can be an extremely difficult and emotional experience for the participants. Mission Unity Treatment Services respectfully requests that family members allow the clients to be fully engaged in treatment.

This means that it's critical for the family to respect all of the Mission Unity Treatment Services Program guidelines and support their loved ones by staying in contact with staff and reporting

any unusual incidents or situations of concern. We respectfully request that you allow your loved one to work through their pain as a door to sobriety. Please do not try to rescue them even though it is tempting to do so.

What You Can Anticipate From Your Loved One Being In Treatment

Your family member may experience some of the following:

- A temptation to create or present a different part of him/herself, or a front to protect him/herself from the treatment experience.
- A temptation to focus on what is wrong with other clients, staff, or the facility or focus on family matters or any other outside concerns rather than deal with him/herself.
- Clients may be surprised to discover that others feel the similar feelings and have support for how they feel.
- They may feel that things are getting worse rather than better such as increased anger, increased loneliness, intense pain, or feeling even more out of control.
- They may experience strong negative feelings directed towards specific clients or staff members who remind them of someone important in their life.
- A feeling of being “fixed” and ready to leave treatment despite staff recommendations that they remain and complete the program.
- A tendency to feel guilt and shame and verbalizing a strong desire to repair the damage or to leave and immediately fix the problems they created in their addiction.
- A balanced perception of the damage of their addiction on themselves/others and a realistic understanding of the mechanism of recovery.
- A desire to shield you from becoming involved in family programming or even talking to the counseling staff.

What you may experience:

- A tendency to keep secrets or avoid talking to staff regarding any relevant information regarding telephone/written communications with the client.
- A temptation to minimize family problems.
- Feeling resentment towards the client for being in treatment and being left to deal with all outside issues and problems alone.
- Preoccupation with problems that easily could wait until treatment is completed.
- Believing that treatment for the client will magically fix all family problems.
- Minimizing the impact of the addiction on yourself or other family members.
- Experiencing resistance to attending recovery support groups for family members.
- A desire to shield the client from any bad news or problems for fear of “setting them off”.
- Continuing to be manipulated by your loved one to meet their self-centered needs.
- A sense of hope and optimism.
- A strong desire to do whatever it takes to get and keep the family and the client in recovery.

All these experiences are a byproduct of the difficulty involved in making the changes necessary for true sobriety to take root. If you or your loved one is experiencing any of these symptoms, do not hesitate to contact Mission Unity Treatment Services.

Automobiles

- Personal automobiles or other personal means of transportation are not permitted while in Phase I as transportation will be provided by Mission Unity Treatment Services
- Clients in Phase II may be permitted to have a car with staff approval, a valid driver's license, proof of automobile insurance, and vehicle registration.

Mail

- Clients receive and they may send mail daily.
All client mail should be directed to the name of the client and addressed as follows:
- Family members are requested to send only the items that are legitimately required to meet the needs of the client, above what the client could provide for themselves.
- Family members are requested to report any suspicious or strange requests to Mission Unity Treatment Services.
- It is our experience that family members often attempt to treat their own pain or guilt by sending excessive gifts to clients. This can send the wrong message and be very detrimental to the treatment process. Please keep your mailings to minimal necessities.

Phones

- Clients in Phase I are not allowed to have cell phones while in treatment.
- Telephones will be provided by Burning Tree and phone privileges will be as follows:
 - Phone calls will be limited to 5 minutes unless approved by staff in advance.
 - Outgoing personal calls are allowed with a 10-minute time limit. Between 8 & 9 am and 9 & 10:30 pm, with prior approval, exceptions may be given for long distance calls.
No incoming calls after 10:30 pm. No outgoing calls after 10:45 pm. Use during these time periods is by staff approval only and all calls will be dialed by and monitored by staff.
- While using the phone, confidentiality of fellow clients shall be respected at all times.
- The phones are not to be used to conduct personal business without staff approval.
- No client is to make phone calls for other clients at any time.
- Violation of any of these privileges could result in the following consequences or restrictions:
 - Loss of phone privileges for 7 days.
 - Loss of phone privileges for a period that can be utilized as a therapeutic intervention. The period of time to be determined by staff.
 - Failure to comply with phone rules can result in the whole client population their losing privileges for a period of time determined by staff.

TV's, CD Players, Radios

- No personal televisions, video players, iPods or MP3 players are allowed. Personal CD players with headphones are allowed in their rooms only. If the client brings a phone it will be held in the office until the end of the first 28 days of treatment.
- Mission Unity Treatment Services will provide a television in the community area.
 - Staff will determine the viewing hours.
 - The television will be turned off during meals.
 - Violations of the viewing policies could result in the loss of television privileges for the community for a period to be established by staff.

Visitation

- Visitation is on the third Sunday of the Clients program each month.
- Visitation is limited to family members.
- There must be a release form signed for each visitor prior to visitation.
- While visiting Mission Unity Treatment Services, all visitors must abide by posted guidelines and respect other client's confidentiality.
- Family members are requested not to bring any cameras, video cams, or tape recorders.
- All packages, gifts, and/or supplies should be mailed to the client.
- Do not bring food, drinks, candy or money for the client.
- Any questions regarding visitation may be directed to your client's counselor.

Mission Unity Treatment Services Visitation Agreement

- Clients are limited to 3 visitors.
- All packages, gifts, and/or supplies should be mailed to the client. Any packages, gifts, and/or supplies brought by visitors will be inspected by Staff.
- DO NOT bring food, drinks, or candy for the clients.
- Do not allow clients to enter your automobile.
- Visitors are not allowed in client dorms/bedrooms.
- Visitors and clients cannot exclude themselves from staff supervision.
- Visitors and clients cannot perform displays of affection such as: open-mouth kissing/extended hugging/ any physical contact other than brief hugging or closed-mouth kissing and hand holding.
- DO NOT give money to a client.
- All visitations must be pre-approved.
- All visitors must use staff bathrooms only.

Children on Property

In order to protect children, we have established the following rules for children ages 17 or younger:

- Must be supervised (adult responsible for them is to be no more than 10 feet away) at all times.
- May not stand or play on the furniture.
- May not be supervised by a Mission Unity Treatment Services employee.
- May not be supervised by a client who is not a family member.

It is your responsibility to see that these rules (along with common sense) regarding children are followed. If we see you are not closely supervising your children, we will protect your children by politely insisting you stay with them at all times. Should you not cooperate fully, we will ask you to leave.

Discharge Criteria Checklist

We use the following criteria to determine if a client is ready to discharge:

1. Has this person had an honest change of personality that will be sufficient to recover from alcoholism/drug addiction?
2. Is this person emotionally stable?
3. Has this person begun to replace self-centeredness with a genuine consideration of others?
4. Is this a realistic view of the disease and its power?
5. Are there other problems evident?
6. Are there other dependencies that have replaced drinking and drug use for the time being while relapse is waiting?
7. Is there humility, willingness, honesty, discipline, forgiveness, compassion and other spiritual qualities in your behavior?
8. Is the person living in the solution, letting go of control, not in a clash of wills with direction? Is it real?
9. Has the client addressed the wreckage of their past?
10. Is there employment or living arrangements that are conducive to recovery?
11. Are there legal problems, financial concerns, relationship problems, or health problems, and how are these to be coped with in the future?
12. Is the person following Mission Unity Treatment Services Rules?
13. How is he/she handling confrontations?