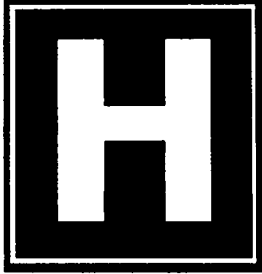


PROGRESSIVE CARE AT JACKSONVILLE
MEDICAL CENTER (MANAGED BY BRADFORD
HEALTH SERVICES)



Patient Handbook

Welcome to Treatment!



What's Inside:

The 12 Steps	2
The Serenity Prayer	2
Patient Expectations	2
Unit Rules	3
Medical Staff	3
Counselors	3
Fun in treatment?	4

We'd like to welcome you to the program here at Progressive Care at Jacksonville Medical Center. You've made a hard, but important first step toward recovery. We are excited about the opportunity to help you through this process, but we can't do it without your help.

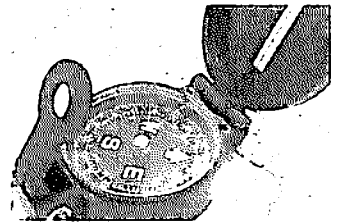
Your treatment team is made up of our Medical Director, Nurses, Counselors, an Assistant Counselor, and Nurse Techs who will do everything we can to make your stay successful. We'll do everything we can to treat your pain, but you need to know that these feelings WILL pass. We will provide you with

medical detoxification, lectures, group and individual counseling, 12-Step meetings, and discharge planning. Like anything, you'll get as much out of this as you put into it. We encourage you to attend all treatment activities and to participate as much as you can. Also, drinking plenty of liquids and eating regular meals will help your body through the detoxification process and will lower your pain.

We'll encourage you and treat you with kindness throughout your treatment. Your willingness, positive attitude, and cooperation will go a long way in making your treatment

a success.

Thanks for choosing us!



Detox is just the beginning of your journey.

Key Information:

- Detox is the 1st step in the journey toward recovery.
- 256.782.4330 is the number to the unit.
- Drinking fluids and eating regular meals can help the detox process.

Common Questions

How long will I be here? The length of your treatment will ultimately be determined by your physician based on your health. Most people are here for anywhere from 3 to 7 days.

Can I smoke? Smoking is not allowed on the unit, but we take

breaks about every 2 hours during the day. Patients go as a group with a staff member to the designated smoking area for breaks. These breaks are listed on your program schedule.

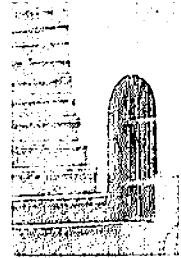
What about phone calls? Patients can make one 5-minute

phone call per day. Phone time is generally between 3-5. Families can call the nurses' station at 256.782.4330.

Can I have visitors? Because treatment is so short, we do not have visitation.

The 12 Steps

1. We admitted we were powerless, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves 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, to ourselves, and to 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. Sought through prayer and meditation to improve our conscious 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.



12-Step fellowships include AA, NA, CA, and Celebrate Recovery

The Serenity Prayer

Many 12-Step meetings either begin or end with the Serenity Prayer. This simple prayer sums up the philosophy of living "life on life's terms."

God, grant me the serenity to accept the things I cannot change, the courage to

change the things I can, and the wisdom to know the difference.

A lot of the craziness of addiction comes in trying to make people places and things change. The Serenity Prayer teaches us that we can only

change ourselves and our reactions to others.

We encourage you to practice using this prayer as you begin to cope with the many feelings that you've numbed with alcohol and other drugs.



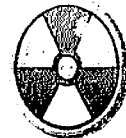
God grant me the Serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference

Expectations

While in treatment certain things are expected of you, as a patient.

We expect you to:

- Follow posted rules
- Cooperate with staff
- Ask if you're not sure about something
- Tell us about any changes in your health
- Participate in scheduled activities to the best of your ability
- Respect the rights of others
- Maintain confidentiality
- Maintain good hygiene: bathe, use deodorant, wear clean clothes
- Make your bed & keep you room neat
- Turn in any medications and/or drugs you brought



We WILL destroy unapproved medications in accordance with our policy

RULES

Rules in treatment are designed for your protection and the protection of others. The following rules are to be followed in this treatment program:

1. Do not go into any other patient's room for ANY reason. This protects you from being falsely accused of stealing or other inappropriate behavior.
2. Smoke only in the approved location at scheduled breaks
3. Violence or threats of violence can

NOT be tolerated.

4. Alcohol and/or other drugs are not allowed on the unit. This includes hygiene products containing alcohol.
5. Do not discuss drug use outside of group therapy — this can lead to cravings for yourself and/or other patients.
6. Sexual or romantic relationships between patients cannot be tolerated.



Rules are necessary to ensure the safety of everyone on the unit

The Medical Staff

Our medical director is Dr. Ulrich. He will meet with you after admission to gather a complete history and physical assessment. He will prescribe medications to address any withdrawal symptoms. After the initial meeting, he will complete rounds in the very early morning each day. If/when he returns to the unit in the evening, he is there to meet new patients. Please refer

any medical concerns to the nurse on duty. She can obtain a physician's order immediately, and this will keep you from having to wait to have medical issues resolved.

IMPORTANT: We do NOT want you to suffer needlessly. Inform the nurse **IMMEDIATELY** if you need medical help.

The nurse on duty is your first line of communication if/when you need medical attention.

The Counselors

Tashua Dennis, Lou Hanners, Kara Walker

Our unit has two counselors: Sally Lawes and Sherie Schaffer. They will meet with you after admission to complete an assessment that will help them recommend the best possible discharge plan.

The counselors will also facilitate group therapy sessions and

recovery education sessions.

The counselors will call your family prior to discharge to discuss your progress and discharge plan.

You and the counselors will work together to develop a discharge plan that you can commit to and that will give

you the best possible chance to stay sober. We **HIGHLY** recommend that you transfer directly from this unit to your next level of care — further inpatient, outpatient, etc. A gap in treatment increases the likelihood that you will relapse.



Sally and Sherie are both licensed counselors

PROGRESSIVE CARE AT
JACKSONVILLE MEDICAL CENTER
(MANAGED BY BRADFORD
HEALTH SERVICES)

1701 Pelham Rd S
Jacksonville, AL 36265

Phone: 256-782-4688
Fax: 256-782-4101
E-mail: sally.lawes@jmchealth.com

There is hope ahead.

We are so pleased that you have chosen Progressive Care at Jacksonville Medical Center (managed by Bradford Health Services) for your detox. Our team of licensed professionals with years of experience in addiction treatment will work with you to ensure that you detox with a minimum of discomfort, have a good workable discharge plan, and begin the road to recovery.

Recovery is hard work, but it is worth every bit of your effort!

And finally...



**You may even have
some FUN in treatment!**

Your treatment team would not be complete without our outstanding support staff.

You will have a nurse tech on the unit each day. The nurse tech will be responsible for taking your vital signs, conducting a search of your person and personal belongings, and they just might join you in some sober recreation!

An assistant counselor is also key to the unit. The assistant counselor will lead groups on the weekends and will help make sure your discharge plans are firmly in place before you leave.

An important part of your treatment is also healthy recreation. Since you will be on detox meds, we can't take you out for a run or a round of golf, but we do have several options available for recreation:

- Cards
- ~~Wii~~
- Board games
- Art supplies
- Television