

KENT COUNTY BEHAVIORAL HEALTH

300 Scheeler Road, P.O. Box 229 • Chestertown, Maryland 21620

A. F. WHITSITT CENTER

OUTPATIENT ADDICTIONS SERVICES

Phone: 410-778-6404 • Fax: 410-778-5431

Phone: 410-778-2616 • Fax: 410-778-7052

Information for A. F. Whitsitt Center/Kent County Crisis Beds Patients, Families, Referral Source

IMPORTANT: If you have any pending appointments such as; court dates, doctor's appointments, etc. please make other arrangements prior to your stay at A.F. Whitsitt Center. You will not be permitted to leave for these appointments unless prior approval by the Program Director, Clinical Supervisor and Nursing Supervisor. If warranted talk with the Courts/Probation Officers/Attorneys to make them aware that you are here.

ADMISSION DAY:

- Please call and speak to the Admissions Coordinator on duty if there is a problem meeting your appointment time (410-778-5047). **Late arrivals may be refused admission or required to re-schedule for a later date.**
- Please have a member of your family bring you to the Center. They will be asked to remain with you during the first hour or so of the admission process. **Items found to be inappropriate or not on our list will be sent home.**

WHAT TO BRING:

- One bag of clothes (appropriate, proper length and coverage, advertisement/logos displayed must be substance free) **you will be asked to change if attire is inappropriate.** Items to pack: 2 pairs sweat pants, 5 shirts, 5 pants, 5 pairs of socks, 5 sets of undergarments, hat and gloves (**weather appropriate**), sweater, jacket or hooded sweat shirt. You will be going outside during the day and evening, so outerwear will be necessary. **Please pack all items in one medium sized suitcase. Excess clothing and prohibited items will be sent home.**
- Bring a comfortable pair of walking shoes, slippers, reading glasses, and other necessary items such as robe, sleepwear and shower shoes.
- One bag of groceries (items must be in original containers)
- Some spending money for extra food at cafeteria and vending machines (Checks cannot be cashed).
- Cigarettes – you may smoke outside the building at **designated times only**. You must bring enough cigarettes to last the entirety of your treatment stay or have **additional tobacco products brought to you on visiting day** as the Whitsitt Center does not

At the Kent County Health Department, no person shall on the grounds of race, color, religion, age, sex, national origin, ancestry, or disability, be excluded from participation in, be denied benefits of or otherwise be subject to discrimination in the provision of any care, service, or admission.

provide access to these items nor will the agency purchase them for you.
Cigarettes/tobacco (11 per day) that will be locked in Nurses' Station

- Envelopes and stamps/pen and notebook
- Some money for co-pay on medications

Only current prescription medications (only medicine necessary for your health will be given to you during your treatment). Bring a 30- day supply of all medications. Failure to bring these medications could result in denial of your admission as the A. F. Whitsitt

- Center will not be held responsible for the cost of said medications. **Any narcotic or other mood- altering prescription drug found in your belongings during admission and is not prescribed to you will be disposed of.**
- **Extra towels and wash cloths are suggested.** The unit linens (towels, twin bed sheets, blankets, pillow case) are provided and will be exchanged weekly. For your personal comfort you may bring one (1) new pillow still in store bought plastic. **Please no stuffed animals or blankets.**
- Please bring your own toiletry articles such as a toothbrush, toothpaste, shampoo, soap, deodorant, etc. **Do not bring any items containing alcohol. Do not bring more than one of each. Excess will be sent home.**
- Novels, magazines, puzzle books, crossword, motivation books or spiritual books are allowed and will be viewed by staff to see if appropriate for use.
- Some food items (perishable or non-perishable) will be allowed as long as it is in original **unopened container.** We would prefer unopened plastic containers.
- Alarm clocks only, no clock radios. **No personal electronics devices. (See Contraband Listing)**
- The washer dispenses laundry detergent and bleach as needed. Each patient is expected to do his/her own laundry. A washer and dryer are available on the Wing (no charge). **Please do not bring laundry supplies.**
- The A.F. Whitsitt Center will not be responsible for patient's personal belongings. Valuables may be turned in to staff for safe keeping. Any discharged patient leaving belongings at the Whitsitt Center need to claim them within five (5) days. **If they are not claimed, the belongings will be given to charity, no exceptions!**

FINANCIAL RESPONSIBILITIES:

- Proof of income (pay stub, W-2, Income Tax Forms), **Failure to do so will result in being charged 100% rate until proof of income is obtained.**
- A copy of insurance card if you have one (If pre-certification is required, please let us know immediately).
- Copy of driver's license or photo ID.
- Patients under 21 must complete EPSDT Form. **Admission may be denied if all information is not received.**

SMOKING:

- There are several smoke breaks given in a day
- If a patient is caught smoking outside of the designated times and location their privilege will be suspended. There will be graduated sanctions for violations that could lead to a therapeutic discharge
- If a patient has an excuse from staff to not attend class then they will be allowed to smoke, if the patient does not have an excuse and does not attend class, the patient's smoke break may be revoked for one time break

PHONE CALLS:

- All patients are permitted to make two five-minute personal phone calls per week during regularly scheduled times.
- Other calls made need to have prior approval by your counselor

MAIL

- Patients are free to receive and send uncensored mail. Packages and/or large envelopes must be opened in the presence of staff. **Please tell your loved ones to put your name on all mailed items.**
- Mail can be sent to the patient at:
Patient's name
A. F. W. C.
300 Scheeler Rd.
P.O. Box 229
Chestertown, MD 21620
- Patients are required to bring their own stamps and envelopes as the A. F. Whitsitt Center does not provide them.

CENTER RULES

- In order to maintain a safe, clean, and pleasant atmosphere, each patient is assigned various household tasks which are to be completed as described.
- To help maintain the usefulness of the furniture on the unit, patients are to keep their feet off of the chairs, couches, and/or tables. **PLEASE DO NOT SIT ON TABLES.**
- The Center reserves the right to alter or suspend an individual's attendance at meetings either inside or outside the facility for clinically appropriate reasons.
- When setting the rooms up for the Stages of Change process group, chairs are to be in a circle to facilitate group interaction.

- Television use: Times are posted in the areas of use.

MEDICATIONS:

- Patients who are taking prescribed medication(s) please have the family member bring it with the patient and give to the Nurse during the admission process. **DO NOT** give the medication to the patient. This includes all over the counter medications. This is extremely important for proper medication management.
- Patient must have a 30-day supply with him/her upon admission. Admission will be denied if patient fails to bring their prescribed medication(s) with them as the Whitsitt Center will be held responsible for the said costs of medications.
- Vitamins are given daily at 6:00 P.M. Other medications are administered as ordered. Patients are to be on time to receive vitamins/medications.
- Nicotine patches are considered medication and should be given to the Nurse. This is important for proper medication management. Ask staff for details.

FOOD:

- In an effort to prevent disease and infestation of bugs, open food and beverage items must be kept in the activity wing. Sealed food items must be in original containers and may be kept in the patient rooms.
- No punch is to be prepared unless from a store-bought mix.
- Fast food may be brought in by visitors for consumption during weekend visitation hours only. Fast food is not to be brought in at any other time.
- No fountain sodas or open containers will be permitted.
- Food stored in refrigerators must be labeled and dated.
- Food more than 7 days old or unlabeled will be thrown away.

FEDERAL CONFIDENTIALITY LAWS:

- Please be aware that **Federal Confidentiality Laws** prohibit the A. F. Whitsitt Center from releasing information about a patient without written permission to do so.
- It is expected that each person's right to confidential treatment will be respected by other patients. Violations of others confidentiality could lead to discharge.

VISITING HOURS/FAMILY GROUP SESSIONS:

- Visitations allowed on the 2nd Saturday after admission from 12:45 until 4:00. A family program is held from 1:00 pm. – 2:00 p.m. on visiting days. **Please be at the A. F. Whitsitt Center no later than 12:45 P.M. Once Family Group has left the front of the**

building, you will not be able to attend. Participation in this program is mandatory for anyone who wishes to visit a patient in our program.

- Each patient is permitted to have two adult visitors and children of patient. Adults are considered anyone 13 and older.
- Visitors ***must*** leave cigarettes, purses, tote bags, pagers, cell phones, cameras, etc. locked in their vehicles before coming to visit. Strollers and diaper bags will be searched. This is for the protection of all visitors and our patients and to adhere to Federal Confidentiality Laws.
- ***If someone is suspected of being under the influence of alcohol/drugs*** they will be asked to leave the premises and future visitation rights will be suspended.
- ***Only one grocery sized bag of items may be brought in at the time of visitation.*** If additional bags or items are brought in they will not be permitted. You must take these things back to your car.
- If you are caught smuggling items in your future visiting privileges will be revoked.
- ***There is no smoking during visiting hours.*** Visitors violating this policy will be asked to leave.
- Please comply with the program's rules

DAY OF DISCHARGE:

- Patients are responsible for returning any property of the unit, after use and/or prior to discharge (i.e. linens, books). Any lost books will be charged directly to **you** and payment will be collected on the day of your discharge.
- For optimum recovery, unless you go to a half-way house, it is our policy to refer our patients back to their referring county for aftercare. This is not an option. It is a requirement and part of our treatment recommendations. In the event you do not go back to the referring county, you must call your referring agency to notify such before your discharge.
- On the scheduled date of discharge, patients may leave the Center **NO EARLIER** than **9:30 A.M.**

WHAT CAN FAMILIES DO?

- Patients are not the only ones who are suffering from the influences of substance abuse, families also are affected.
- Attend AI or Nar Anon meetings, work the program, get a sponsor, ask your local health department where these meetings are located
- Attend family visitation on Saturdays
- Request a family meeting with a counselor and the patient
- Take it one day at a time, talk about your anger/resentments/feelings, take suggestions
- If there is a true emergency please call the nurses' station at 410-778-6404 ex 3259

ATTEMPTS TO LEAVE:

- Recovery is hard, so it is understood when change becomes overwhelming and patients want to leave before the expected discharge date
- Staff is available to assist the patient in overcoming this challenge
- If the patient still wants to leave they can make one phone and will be given 15 minutes to pack their belongings and be escorted off the premises.
- Families, please encourage your loved one to stay and talk with staff.
- If the patient should leave against medical advice/therapeutic discharge they will not be allowed to be re-admitted for approximately six months

NOTE: Please do not ask your family to drop items off to you during the week, as they will NOT BE ACCEPTED unless prior approval from counselor. You may only receive items during Saturday visitation after staff has gone through them.