

Youth Recovery Center Informational Packet

The Youth Recovery Center (YRC) provides inpatient treatment for adolescents aged 15-18, who have a substance use disorder, in a highly structured, comprehensive treatment program and environment. Treatment focuses on building an alternative lifestyle to substance use through learning social and psychological coping skills.

YRC has a multi-disciplinary staff that consists of registered nurses, physicians and specialized Mental Health professionals. Nursing care is provided 24 hours a day. The program is directed toward the treatment of the biopsychosocial, emotional, cultural, spiritual and family issues of addiction. Therapeutic contact is provided daily and consists of an individualized differential assessment, counseling (individual and group), life skills, family treatment, an educational program, therapeutic recreation/leisure skills and aftercare planning and support. Total immersion of the client in the treatment milieu is accomplished by involving every discipline in the treatment process to facilitate the client's ability to develop skills, attitudes, and behaviors consistent with those of a sober lifestyle. The goal is to support continuing recovery from chemical dependency patterns and facilitate successful reintegration into the client's community.

The treatment program is typically 42 days. Clinical evidence supports this length of stay as sufficient for most adolescents with a substance use disorder to make significant gains in their ability to cope with their emotions and life stressors, as well as work through trauma. The multidisciplinary staff meets weekly to assess and review the clients' progress in treatment, identify and update treatment goals, and plan interventions for the coming week. Progression through the program is based on a joint assessment by the treatment team and the client. The review addresses weekly interventions, client behavior, family contact, participation in the reaction and education components, and medical issues. YRC staff maintain ongoing communication with referral sources and families. The team makes recommendations for aftercare needs and the aftercare therapist coordinates with the client, the family, and professionals to insure that community services are in place upon discharge. Regular contact is maintained with clients after discharge for one year, during which time support and aftercare plan adjustments are provided. YRC staff initiates contact for the first six months while the former client initiates the last six.

A client's daily schedule includes school, educational groups, therapy, recreational therapy, leisure skills and self-help groups.

The focus of the YRC program is to help clients work through recovery in practical ways. Many clients need help addressing past trauma. To this end, both biofeedback and neurofeedback methods are employed. To stay sober, a recovering person must become healthier physically, emotionally, spiritually, and in relationships. YRC teaches these skills through rational thinking, emotional intelligence, anger control, assertive communication, cravings management and recreation. Each client develops a recovery plan to follow when they return to their home community.

Recognized standards that are followed include the Department of Human Services Office of Behavioral Health, The Joint Commission, the Department of Healthcare Policy and Financing, and the Colorado Department of Education.

YRC accepts private pay, insurance, Medicaid or a combination. Referrals are accepted from probation officers, caseworkers, parents, therapists, teachers, medical professionals and adolescents themselves.

Youth Recovery Center Informational Packet

Assessment

In order to offer individualized care, the treatment plan is based on a thorough assessment of the individual client and the family. The first week of treatment at the YRC is devoted to the completion of this assessment and to orienting the client to the program rules and therapeutic process. During the orientation period (approximately 5-7 days), the client does not have outside contacts. Parents and professionals may call YRC during orientation for an update.

Medical/Nursing

The medical/nursing staff completes an extensive medical and drug use history as well as a physical examination for all clients. Identified issues are reflected in the treatment plans and dealt with on an individualized basis. To insure the continuum of care, identification of medical resources after discharge is seen as an integral part of treatment. Health related groups are facilitated every six-weeks. Topics covered are pharmacology, contraception, sexually transmitted diseases, nutrition and relaxation techniques.

Educational/Academic Groups

The Youth Recovery Center provides a minimum of 30 hours per week of academic and therapeutic educational activities. A curriculum covering a six-week cycle is followed which involves discussions, films, and experiential exercises. Individualized educational experiences are provided to maintain the educational and intellectual development of the adolescents. Direction and accountability are provided by an approved outside consultant.

Cultural Issues

To address the cultural needs of YRC's varied population, continuing education is provided to staff, holidays are observed, client presentations are encouraged, reading materials are available and translators are accessible via the hospital's translation services.

Spiritual Issues

YRC honors the absolute rules of religious belief such as food and immunization restrictions. YRC addresses the spiritual needs of its population to the extent that the program can accommodate by providing reading materials, inspirational books (Torah, Bible) and access to a library, the chapel and the hospital chaplains. A weekly spirituality group is provided.

Therapy Groups

Therapy groups provide both educational and experiential opportunities to learn and practice new interpersonal and coping skills. Groups provide information in such a way that it can be heard and internalized. Addressing ambivalence and increasing motivation are integral parts of the group process. The content of the therapy groups is determined by the weekly theme. Special emphasis is placed on weekly cravings groups that utilize drug look-a-likes, drug paraphernalia, and relapse scenarios. They are designed to elicit cravings to help clients recognize and manage the physical, emotional and cognitive cues involved. These groups teach cognitive and behavioral ways to manage cravings.

Recreation Therapy/Physical Education

Clients participate in recreation therapy for approximately two hours per day. Weekends provide expanded opportunities for recreation activities. Therapy includes a variety of recreational, competitive and initiative exercises to promote communication, problem solving and group cooperation. Clients

Youth Recovery Center Informational Packet

have the opportunity to develop skills in trust, responsibility and leadership by participating in challenging activities. One main focus is to help clients learn how to enjoy life without using drugs.

Self-Helps Groups

YRC recognizes the importance of self-help groups such as AA and NA for the recovery of the substance abuser. Clients attend community groups with staff, obtain sponsors when appropriate and plan for attendance in their home communities.

Family Therapy

Family treatment is designed to enhance the strengths and resources of the family to create a climate that will support the recovery of the adolescent. The goal is a minimum of weekly family sessions during treatment.

Phase System

A phase system is based on the premise that immediate feedback from the environment is helpful for someone who is getting sober. The YRC milieu is structured to encourage healthy, pro-sobriety attitudes and behaviors. It is designed to encourage the client to become more involved in treatment.

Continuing Care Planning

The Youth and Family Advocate facilitates a multidisciplinary meeting during the fourth week of client's treatment. At this time, necessary support systems that will continue to help the client in their recovery goals are identified, and a formal plan is created. A client and family centered approach is taken as much as possible. An identified staff member continues to maintain contact with the client beginning the day of discharge. The staff member acts as both a recovery coach to the client and family, as well as an advocate for the client within their larger community system for up to six month's after the client's discharge. Staff also assists in the periodic data collection for an outcome study.

Multi-Disciplinary Staff Meeting

The staff meets weekly to review the clients' progress in treatment, to establish treatment goals and to identify the focuses of treatment for the upcoming week. Each client is presented at the meeting and input is encouraged from all disciplines. Areas of input include addressing weekly treatment goals, reviewing clients' behavior, reporting family contacts, summarizing participation in recreation and educational components, and updating medical issues. A progress note summarizing the plans and discussion is recorded.

YRC BELONGINGS LIST

WHAT TO BRING TO YRC

- 6 pairs of socks
- 6 pairs of underwear
- 2 bras (one sports bra)
- 6 plain crew neck T-shirts* (*Must be collar bone height; no crop top, no sleeveless, no drugs, bands, or gang logos. No V-neck or tight shirts.)
- 2 pairs of pants with NO holes or tears
- 2 pairs of sweat pants/yoga pants** (**must be worn with long t-shirts)
- 2 pairs of long gym shorts
- 2 pairs of knee length shorts (summer)
- 1 pair of pajamas
- 1 coat and/or hoodie (seasonal)
- 2 pairs of athletic shoes (street and hiking/gym. Please bring shoes that can get wet or muddy.)
- 1 reusable water bottle (CLEAR) “Nalgene type” with lid that is secure.
- 1 toothbrush
- 1 hairbrush/comb (hair-ties, bobby pins, or hair clips if needed)
- 1 pair of inexpensive headphones/earbuds
- 1 ball cap
- 1 pair of inexpensive sunglasses
- 1 bathing suit*** (***females - tankinis or one-piece swimsuits only)

ABSOLUTELY NOT ALLOWED:

- Tights, gauges, ear and/or body jewelry, watches, slippers, “slides”, sandals/flip flops.
- NO CLOTHING (OR ACCESSORIES) WITH GANG, DRUG /ALCOHOL, SUBSTANCES, BAND or SPORT TEAMS RELATED LOGOS!**

- You may bring your own UNOPENED toiletries to YRC. This includes shampoo, conditioner, body wash/soap, deodorant, toothpaste and lotion. If you are unable to bring toiletries, or they are already opened, YRC will provide soap, shampoo, deodorant, tooth brushes, toothpaste and lotion. One unopened hair product (non-aerosol) may also be brought to YRC. Hair products are stored in staff area and given out during daily store time.
- You MAY NOT bring and/or wear jewelry, make-up, or slippers.
- Ankle monitors must be removed before admission.

Ultimately, the appropriateness of your clothing and accessories is subject to staff discretion. Any items not included in this list will be returned with the adult who transports the client for admission. YRC is not responsible for lost or stolen items. Do NOT bring jewelry, games, or any other personal items. Jewelry or other objects in piercings are NOT allowed. Please remove all piercings prior to your arrival at YRC.

YRC Clothing Guidelines

It is your responsibility to know and comply with the following guidelines. If your clothing does not meet these guidelines, it will be placed in your personal luggage and stored until you are discharged. If a replacement is needed, one will be provided.

NO exceptions will be made to the following:

- All clothing will be checked and approved by staff.
- No jewelry or watches
- Sunglasses and hats will be provided if needed.
- No spaghetti straps, halter/tank/muscle/net tops.
- No ripped clothing or clothing with holes.
- No logos with references to drugs, alcohol, sex, violence, band names, or sports teams.
- No gang related designs, associations, letters or colors.
- No tight or revealing clothing
- Excessively baggy clothing may be deemed inappropriate.
- Pajamas are only to be worn at night for sleepwear and must cover the upper and lower body. No slippers.
- No sharing of clothing with other clients. If clothing is shared, it will be removed and put in your personal luggage until discharge.
- Shorts must be at least knee length
- Clothing must fit in such a manner that NO skin or underwear can be seen when arms are lifted. We follow the 6 B's: No butts, no boobs, no backs, no bellies, no boxers, and no bras are to be visible- ever.
- Shirts must be worn on all recreational activities except swimming.
- Swimsuits for females either need to be a one piece or a tankini in which no tummy is shown.

STAFF WILL MAKE THE FINAL DECISION ABOUT ACCEPTABILITY.

FAMILY THERAPY & VISITATION

NO FAMILY VISITS DURING COVID-19 RESTRICTIONS

Family therapy is an essential component in helping you recover from chemical dependency. Your family's involvement in your treatment can really make a difference. This is why we expect your family to participate in weekly therapy sessions beginning the second week of your treatment. Due to COVID-19 restrictions, these weekly sessions will occur via phone or Zoom meetings.

Due to COVID-19 restrictions, family visits are not currently allowed. However, family members and professionals may call YRC's main line to receive updates on your child/client: 970-384-7470.

FAMILY THERAPY & VISITATION

Family therapy is an essential component in helping you recover from chemical dependency. Your family's involvement in your treatment can really make a difference. This is why we expect your family to participate in weekly therapy sessions beginning the second week of treatment. These weekly sessions can occur in person, over the phone, or via Zoom meetings, yet we expect your family to visit you at least one time during treatment. The initial visit must be preceded by a family therapy session. These sessions are facilitated and scheduled by your YRC therapist. Please call our main line (970)384-7470 to reach your child's therapist to arrange for family sessions and visitations.

Some important rules to remember:

- All visitation will take place on the hospital grounds which include: grounds directly around the hospital, cafeteria and/or courtyard. Visitation is NOT allowed in the parking lot, in automobiles, or off the hospital grounds.
- No smoking, alcohol use, intake of caffeine or any mood-altering chemicals are allowed while on visitation.
- Visitors are limited to approved family members only. Friends, including boyfriends and girlfriends, are generally not allowed unless it is deemed therapeutically beneficial and pre-approved by the client's therapist.
- All clients are required to return on time. If they do not, future visitations may be shortened.
- No new clothing items or gifts may be brought back to the unit after a family visit. Clients will be searched and if any contraband is found, there will be an automatic phase back.
- Family visitors who arrive under the influence of any mood altering drug will not be allowed to visit with clients at the Youth Recover Center.
- If family visitors arrive late, then the treatment schedule will take precedence, possibly cancelling visitation for that day.
- Families are asked to leave iPods, cell phones and computers/laptops at home or in their vehicles, as these items are distractions from the family visitation experience.

If any of the above rules are not followed, there will be no family visitation for one week. The client will also be required to write a one-page paper on appropriate behaviors while on visitation before any future visitations are approved.

PHONE USE GUIDELINES

Upon admission the “Authorization for Disclosure” form is filled out, indicating appropriate people for your phone list. Any additions to this list must be approved by a staff member.

You are responsible for monitoring your phone sessions. If you go over time, you lose phone privileges effective immediately for the following day.

To call the Youth Recovery Center:

YRC Main Phone #:
(970) 384-7470

Phone times are as follows:

- Mondays, Wednesdays, Thursdays and Fridays: approximately 2:00 pm
- Tuesdays: approximately 4:45 pm

No calls are made on Saturdays and Sundays.

MAIL GUIDELINES

Mail will be distributed once daily, during store time, except on weekends. You must open all mail in the presence of staff. Mail to or from former YRC clients who were in treatment with you will NOT be permitted.

The mailing address for YRC is:

Youth Recovery Center
1906 Blake Ave.
Glenwood Springs, CO 81601

DIRECTIONS TO VALLEY VIEW HOSPITAL AND YRC

If you are driving EAST BOUND to Glenwood Springs (from New Castle):

- At exit 116, take ramp RIGHT for CO-82 East toward Aspen / Glenwood Spgs
- Turn LEFT onto CO-82 / Grand Ave (1.3 miles)
- Turn LEFT onto Hyland Park Dive
- Turn RIGHT onto Blake Ave.
- Turn LEFT on Valley View Drive
- The 2nd RIGHT, up the hill, is the Main Entrance and the COVID testing site

If you are driving WEST BOUND to Glenwood Springs (from No Name):

- At exit 116, take ramp RIGHT for CO-82 East toward Aspen
- Turn RIGHT onto CO-82 / Grand Ave (1.3 miles)
- Turn LEFT onto Hyland Park Dive
- Turn RIGHT onto Blake Ave
- Turn LEFT on Valley View Drive
- The 2nd RIGHT, up the hill, is the Main Entrance and the COVID testing site.

Once you have arrived, please call our YRC Main # (970)284-7470 to let us know you have arrived. Our Nurse will come out to your vehicle to meet you with Admissions paperwork.

