

WHAT TO EXPECT AT LIFEWAYS RECOVERY CENTER



OUR PHILOSOPHY

Lifeways Recovery Center (LRC) - Our philosophy is that recovery from addiction is possible and treatment requires a comprehensive approach which is client-centered, strength based, and addresses the individual's over all well-being. Our program is based on the American Medical Association's definition of addiction as a chronic, progressive, primary illness affecting the physical, emotional, and spiritual well-being of the individual and family. LRC is a co-occurring facility to address the needs of both addiction and mental health using evidenced-based curriculum.

Our program and staff work hard with each individual to find the inner strength and motivation to make changes for a healthier life with goals, hopes, and dreams. Staff is caring and dedicated to the process of helping individuals change their behaviors and learn the skills to be successful when they return to their families and communities.

ABOUT

Lifeways Recovery Center is a 30-bed residential substance abuse program in Ontario, Oregon with dorm-style rooms. The typical length of stay in our program is 90 days, but varies based on clients' needs and progress. We encourage and support our clients with nicotine cessation while enrolled in treatment.

SERVICES AVAILABLE

- Person-centered and individualized approach to treatment
- Personally, tailored treatment plans
- Individual counseling
- Group therapy
- Recreation therapy
- Psychiatric services
- Individual mental health counseling
- Community integration
- 12-step meetings
- Monitored detoxification from meth, prescription drugs, and heroin
- Comprehensive Withdrawal Management services for its residents using a Social Detox model
- Medication assisted treatment services

ACCOMMODATIONS

- 10 Withdrawal Management Beds (5 men/5 women)
- 20 Residential Beds (10 men/10 women)
- 2 Living Rooms
- Commercial Kitchen
- Dining Room
- Laundry Area
- Group Room
- Family Space
- Shared Bathrooms
- Recreation Area

ACTIVITIES

We encourage healthy leisure activities and provide outings that include shopping, walking, cooking, exercise, and local community activities. Web-based church services are available on Sundays. Clients can choose to take part in volunteering in the community including community service time if needed. Clients have the option to attend web-based Narcotics Anonymous (NA) and/or Alcoholic Anonymous (AA) meetings. Currently, face-to-face visitation is limited; however, we encourage and support web-based family visitations.

TYPICAL DAY AT LIFEWAYS RECOVERY CENTER

6AM	Wake up
7AM	Breakfast
8-12AM	Classes
12PM	Lunch
1-2PM	Classes
2-4PM	Recreation
4-5PM	Classes
6-7PM	Dinner
7-8PM	Peer-led Support Groups, Chores
10PM	Bed**

*At Lifeways Recovery Center we have two wings, each with its own group of residents. To accommodate each wing, separate times for breakfast, lunch and dinner are scheduled, one time for each wing; wings alternate schedules each week.

** Lights out at 10:30 pm. Chores are assigned individually.

CLASSES AND DEVELOPMENT

- Seeking Safety
- Relapse Prevention: *Motivation for Change/Unlock your Thinking*
- Helping Men/Women Recover
- Parenting
- Thinking for a Change
- Smoking Cessation
- Empowerment
- Essential Life Skills
- Healthy Relationships
- Co-Occurring

WEEKEND SCHEDULE

- Saturday: Groups & Skill Building Activities
- Sunday: Spiritual Growth Opportunities & 12-Step

WHAT TO BRING TO TREATMENT (AND WHAT NOT TO BRING)



- ❖ Our desire is to provide an uninterrupted recovery environment
- ❖ All belongings are searched and inventoried upon arrival. If you arrive with more belongings than can be accommodated, they will be sorted and returned with your transport
- ❖ No computer or personal electronic devices will be admitted; you may bring a single cell phone for emergency purposes only
- ❖ Storage is limited. Transport companies and Greyhound are limiting bags to 2 carry-ons
- ❖ ***If you have any active prescriptions, please bring a 30-day supply of your medication to ensure that you do not run out while in treatment; bubble packs are recommended. LRC will help facilitate any necessary refills.***

CLOTHING

Clients are assigned a small dresser of three (3) drawers to store all belongings; all belongings must fit in the space provided. Any items which do not fit will be sent home at the client's cost. No revealing clothing is allowed: tank tops, short-shorts, short-shirts. No cleavage (front or rear). No clothing with gang signs, gang colors, explicit language, or wording. No drug, alcohol, tobacco wording or logos.

Acceptable Clothing

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| ✓ 3 pairs of shoes | ✓ 5 pairs of socks |
| ✓ Jacket/Coat/Sweatshirts/Sweaters | ✓ 2 sets of pajamas |
| ✓ 5 pairs of bottoms | ✓ 3 bras/sports bra |
| ✓ 2 pairs of shorts (<i>no more than 2" above knee</i>) | ✓ Belt (<i>no studs or chains</i>) |
| ✓ 5 pairs of underwear | ✓ 2 hats/caps (<i>must be appropriate</i>) |
| ✓ 5 shirts | |

ACCEPTABLE ITEMS

Any special items due to sensitivities or allergies must be supplied by client. Aerosols (of any kind), products containing alcohol, and glass containers will not be permitted.

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| ✓ Comb/Brush, hair accessories | ✓ Toothbrush, toothpaste, denture adhesive |
| ✓ Hair products | ✓ Alcohol-Free mouth wash |
| ✓ Lotion, Body spray (<i>no heavily scented items</i>) | ✓ Razors/clippers/Tweezers/Nail clippers/Nail file |
| ✓ Shaving Cream (<i>lotion or gel</i>) | <i>(these items will be checked out by staff as needed)</i> |
| ✓ Make-up items (<i>no glass containers; must be sealed</i>) | ✓ Deodorant (<i>no aerosols</i>) |
| ✓ Hair dryer/straightener/curling iron | ✓ Face wash |
| ✓ Q-tips (<i>small baggie</i>) | ✓ Feminine Hygiene Products |
| ✓ Books | ✓ Money |

RECOMMENDED PERSONAL ITEMS:

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| ✓ Long-distance phone card | ✓ Stamps | ✓ Empty Journal/Notebook/Paper/Binder |
| ✓ Land-line phone card | ✓ Envelopes | ✓ Pens/Pencils/Highlighters |
| ✓ Nicotine Patches (<i>if applicable</i>) | | |

**if you are homeless, we will help with initial hygiene products and arrange for clothing and personal items*

UNACCEPTABLE ITEMS

We have a zero-tolerance policy regarding what NOT to bring or wear in our residential community and ask that you respect everyone's space and recovery environment. The following items are not permitted:

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| ✓ Bandanas | ✓ Sleeveless shirts/tank tops |
| ✓ Short, sheer, or revealing clothing | ✓ Clothing with offensive language or graphics |
| ✓ Bottled/canned drinks of any kind | ✓ Aerosol cans or hair dyes |
| ✓ Personal pillows, blankets, stuffed animals, towels <i>LRC will provide all linens</i> | |
| ✓ No electronic or battery-operated devices, including: iPad/tablets, laptops, eReaders/kindles, etc. | |

NO WEAPONS OF ANY KIND

Mission: *We partner with individuals and communities to help people achieve and maintain health and wellness.*

Vision: *Lifeways will be the recognized leading resource for people to access a full continuum of care throughout the pacific northwest.*

INTEGRITY | **EXCELLENCE** | **COMPASSION** | **RESPECT** | **PARTNERSHIPS** | **INNOVATION**