

# WELCOME TO TREATMENT READINESS

Women's Recovery Association would like to invite you to participate in our Treatment Readiness Group. The groups are held twice a week for one hour. The group is facilitated by trained staff that understand the issues facing women with drug and alcohol problems. They also understand how other issues can complicate addiction, such as mental health and psychiatric issues, parenting problems, legal difficulties, etc.

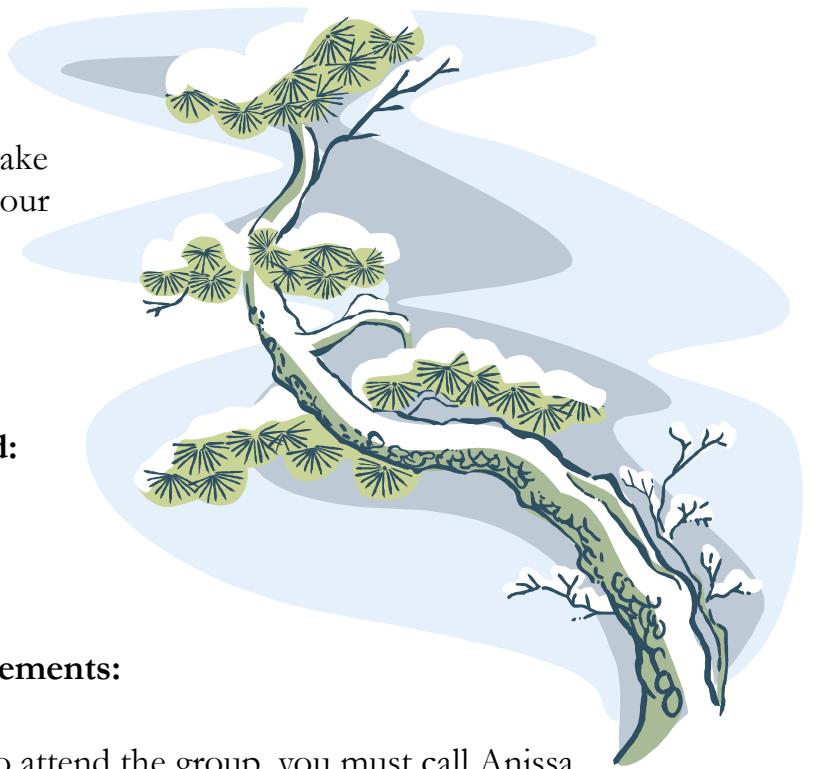
Treatment Readiness is a place where you will receive supportive feedback from other group members and staff. You will be encouraged to take whatever steps necessary to improve your life and will be educated about how to change your lifestyle and develop the tools to live a clean and sober life.

## **Treatment Readiness Group is held:**

- Tuesdays: 4:30 pm – 5:30 pm
- Thursdays: 4:30 pm – 5:30 pm

## **Treatment Readiness Group requirements:**

- Attendance at both weekly groups
- If, for any reason, you are unable to attend the group, you must call Anissa Moore-Williams at (650) 348-6603, ext. 301
- You are also expected to attend two to three 12-step meetings per week and have the meeting verification sheet signed by the group Secretary. Please bring the meeting verification sheet with you to the group.



# REQUIREMENTS FOR RESIDENTIAL TREATMENT:

You will need the following in order to be admitted to the residential program if you are entering a **county funded bed.**

- Current California Drivers License or California ID
  - If you do not have a current California Driver License or California ID, you need to apply for one at the DMV Office located at 425 North Amphlett Blvd., San Mateo, Phone # (800) 777-0133.
  
- Social Security Card:
  - If you do not have a Social Security Card you will need to go to the Social Security Office and apply for one. The Social Security Office is located at 800 South Claremont in San Mateo, Phone # (800) 772-1213.
  
- Birth Certificate:
  - Ask the intake staff for an application if you need to obtain a copy of your certificate.
  
- TB Test Results:
  - If you have had a TB Test within the last 3 months and can provide a copy, you need to get one and bring in a copy of the results. Information of where to get a TB Test is listed below.

## TB Testing Information:

- **Fairoaks Clinic:**
  - Drop In: Monday from 1:30pm – 3:30pm and Tuesday from 9am – 11am. There is a \$ 10.00 fee, but this will be waived if you are homeless for the first five people that come in. The Clinic is located at 2710 Middlefield Road, Redwood City.
  
- **Mobile Health Van Clinic:**
  - Please ask us for a monthly schedule and directions to the Mobile Health Van Clinic.

# RESIDENTIAL TREATMENT

## INFORMATION:

### WHAT TO BRING:

- Two weeks of casual, comfortable clothing. (No more than 1 large and 1 medium suitcases)
- No short shorts and/or mini skirts or shirts that have plunging neck lines and/or spaghetti straps are allowed.
- Alarm Clock-(**not a radio one**)
- Personal grooming products such as: tooth brush, toothpaste, deodorant, shampoo, and soap. **Alcohol must not be in the first 3 ingredients in any grooming product. No mouth wash is allowed that has alcohol in it.**
- Drivers License/ID Card
- Medical Insurance Cards (Kaiser, MCE, ACE, Medical, Medicare, etc...
- Social Security Card
- Birth Certificate
- If you smoke cigarettes bring a two-week supply, as you are not able to go to a store in the first couple weeks of treatment.
- Cell phones/walkmans, ipods checked into the house with very limited use allowed while in the program
- Shower Towel, washcloth & Shower Shoes
- Stamps and stationary (For writing letters)

### Medications: Very Important!

- **Must bring a 30 day supply**
- **No loose medications allowed.**
- **Do not mix 2 prescription medications together in one bottle even if they are the same medication.**
- **If your medical bottle directions are different then how you are currently taking them please get appropriate documentation from your doctor reflecting this.**

### DO NOT BRING:

- Pagers
- Computers
- Electric Blankets
- Perishable foods, we have plenty of healthy food. Food concerns, allergies should be addressed during your assessment.
- Leave valuables at home as we are not responsible for any personal items of value that you bring.
- Excess checks, credit cards, or large amounts of money. We are not responsible for these items of value. If any of these items are with you when you come into treatment they will immediately be locked in the safe. Clients are only allowed to keep five dollars on them at a time.
- Medications that have not been previously approved by WRA.
- Bedding and/or pillows as we do supply those items here.

## **TWO-WEEK ORIENTATION**

### **During Orientation you will:**

- Be able to write and receive letters
- Have a resident mentor who will support and guide you during the orientation process.
- Not be able to make or receive phone calls until the 8<sup>th</sup> day of treatment. You may be able to have phone contact with children 0 to 18 years old if approved by the treatment team.
- Not have any visitors for at least 2 weeks. You may be able to have a visit from children 0 to 18 years of age if approved by the treatment team.
- Please take care of all your appointments for court and/or medical needs prior to being admitted as it is difficult to manage getting you to appointments.