



## Frequently Asked Questions

### *NewDay Residential Treatment*

#### **Am I allowed to smoke and vape at the inpatient facility?**

Am I allowed to smoke at the inpatient facility? Yes. We have staff that can purchase cigarettes for clients, but you can bring your own cigarettes. We do not allow vaping.

#### **Can I use my phone while I'm there?**

When you first arrive, you can get any numbers you want off your phone but then your phone will be locked up. All clients will have access to our house phone that they can use.

#### **Is there a doctor on-site?**

We have a doctor that meets with the clients weekly to address any concerns.

#### **How will I get my medications?**

Please bring any prescription medications with you to our facility. Our doctor will refill and prescribe medications as necessary.

#### **Do you allow visitors?**

No. At graduation, we do allow 2 visitors to come and participate in a client's graduation ceremony.

#### **Do I have to be a Christian?**

Although NewDay is a faith-based program, we do not require you to embrace Christian beliefs. We believe that Christianity is accepted by faith and is never to be forced upon anyone. We strive to model Christian values and incorporate biblical truths into every aspect of our program.

#### **What's a typical day like?**

Your time at NewDay will be highly intentional. As such, the daily schedule has a variety of activities intended to achieve the program's goals. A typical day may consist of the following:

- Individual Therapy
- Individual Case Management

- Group Therapy
- Spiritual Development
- MAT (Medication-Assisted Treatment)
- Aftercare Planning
- Recreational Activities

### **Can I do laundry?**

Absolutely! Essential laundry services are provided by NewDay once per week. Clothing that requires dry cleaning or special treatment should not be brought to NewDay. NewDay also provides towels and linens.

### **Can anyone contact me?**

While at NewDay, you're expected to focus on your pursuit of freedom from addiction. Therefore, access to telephones, email, and the internet is limited. You may, during free time, have access to a NewDay phone but will have limited access to personal devices (phones, tablets, laptops). Phone calls are limited to numbers approved by family members at the time of admission. Suppose your counselor deems that phone calls, emails, or internet access are detrimental to your progress. In that case, NewDay reserves the right to reduce or eliminate this privilege.

### **Will I be drug-tested?**

Yes, we drug test all clients upon their arrival and throughout the program as needed.

### **What happens when I leave?**

Toward the end of your 30-day program, our team will begin the discharge process and transition you into a recovery program that fits your needs. A case manager will ensure you have transportation home or to sober living, a discharge plan, and notify any other parties (probation, attorney, etc.) of clear next steps for your recovery.

### **Can I leave before completing my program?**

Participation in the NewDay Program is voluntary. However, we encourage you to stay in the program until the completion of your plan. If for some reason you wish to leave the program before completion, we ask that you first discuss this desire with your case manager to create a plan and determine clear next steps.

### **What should I bring?**

- Photo ID: State Issued ID or Passport

- Medical Insurance Cards
- Medications
- Comfortable clothing and shoes (pack enough for one week)
- For winter clients: bring a coat, gloves, hat, and hiking boots/shoes
- Athletic shoes and clothing for recreation
- Alcohol-free and non-aerosol toiletries
- Toothbrush, toothpaste, shaving items, and a hairdryer

### **Is there anything I shouldn't bring?**

- Cash, checkbook, credit cards, or debit cards
- You should not bring property with a value of more than fifty dollars (\$50). This includes cash, jewelry, etc. NewDay is not responsible for any lost or stolen items.
- Over-the-counter medication
- Heating pads or electric blankets
- Perfume, cologne, or aftershave
- Knives, scissors, sharp objects, and other items that could be considered weapons
- Laptops, tablets, cameras, video games, or DVDs
- Clothing with profanity or references to drugs, sex, or alcohol

### **Does NewDay accept clients with a dual diagnosis?**

Yes. We will admit clients who have mental illnesses in addition to a substance use disorder, but these individuals need to be stabilized on medication if they have an SMI (severe mental illness) like Schizophrenia.