

## CODA Residential Treatment Programs

Start the journey to recovery in a secure and structured therapeutic environment

So we can focus on helping others develop a foundation for recovery, our tobacco-free residential programs offer the following guidance:

- Patients may not be visibly under the influence of alcohol or drugs (and may not test positive for alcohol) at the time of admission.
- Individuals who are prescribed buprenorphine (Suboxone) or methadone from another program must transfer their care to CODA's Portland Recovery Center within 14 days of entry to the program. Staff will assist with this process.
- To allow time to adjust to the new environment, no visits are allowed for the first seven days; however, family visits are strongly encouraged thereafter (Family Groups are temporarily suspended due to COVID-19). In addition, patients will not receive passes to leave the facility for the first 30 days, except for urgent medical and dental appointments.
- If individuals are receiving Supplemental Nutrition Assistant Program (SNAP) benefits, those benefits will be used to supplement the cost of food.
- Women with a child must pay \$237.00 per month for the cost of the care of the child.
- Patients may not drive while in treatment (nor park their cars on or near the facility).
- Cell phones and chargers will be turned in to staff upon admission and may only be used with counselor approval.

Many patients have questions about what are and are not appropriate items to bring to our residential treatment programs.

For personal care, do bring:

- Clothes, shoes, coat/jacket, and clothes hangers (up to two weeks' worth)
- Personal hygiene items, including shower shoes and towels (bedding and pillows are provided); please NO cologne or perfume
- Regular prescription and over-the-counter medications, including nicotine gum, patches, and lozenges

For free time, do bring:

- A music device with headphones/ear buds (no Internet capability); stamps and envelopes; journal, pens, books, and drawing/coloring materials

Please do NOT bring:

- Alcohol, drugs, or drug paraphernalia (including prescription medications classified as Benzodiazepines, Barbiturates, Stimulants, Narcotic Pain Meds, Muscle Relaxers, or Promethazine (Phenergan)). Also no tobacco/nicotine products such as lighters/lighter fluid, vapes, Zyn pouches, or CBD products.
- Weapons (including pocket knives), electronic devices (such as tablets, lap tops, iPads, computers, or iPods with Internet capability), tattooing materials, sex toys, or pornography
- Clothing and memorabilia with images of alcohol and drug use, or that are sexually suggestive
- Outside food, candy, or drinks; also please not more than \$20.00 cash