



Information Package

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ALPHA RECOVERY CENTERS

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MISSION STATEMENT

It is the vision of the founders of Alpha Recovery Centers, Inc. (ARC) to provide quality, effective, residential substance abuse treatment, at an affordable cost to the client, while maintaining integrity with other treatment professionals and the criminal justice system.

PROGRAM PHILOSOPHY

The founders of ARC believe that in order for the treatment of addiction to be effective it must be holistic. In addition to the treatment of the primary illness of chemical dependency or substance abuse it must also address the psychological and social behaviors, which precipitate substance abuse and are exacerbated by prolonged, chronic use. The overt manifestation of addiction is characterized not only by compulsive use of mind altering and/or mood changing chemicals, but is also associated with other self destructive intrapersonal and interpersonal patterns of behavior. Long-term recovery is dependent upon changing these self-destructive behaviors.

Addiction is progressive. Left untreated, and addict's physical and psychological dependence upon their drug of choice continues to escalate. The negative impact upon an individual's physical and mental health increases as substance abuse escalates. The potential outcomes of untreated addiction are incarceration, impairment of physical and/or mental health and in extreme cases, death.

Addiction is chronic in nature. The best outcome a client may hope for is remission. Attempts to return to a "controlled" or "recreational" use of any mind altering and/or mood changing substances will reactivate the compulsion to use and bring about a return to behavior patterns that existed prior to treatment. The onset of symptoms returns more rapidly than when the behavior was first acquired. The belief in total abstinence from any mind altering or mood changing substance is the foundation of the ARC philosophy.

ARC holds the belief that addiction is treatable providing the addict is willing to work a daily recovery program. It is further believed that treatment of an addict's family and significant others enhances the probability of long-term recovery and reintegration into the family structure and community.

Left untreated, addiction is believed to be a terminal illness. Death may occur from primary physiological symptoms of alcohol or drug use (e.g., cirrhosis of the liver) or the secondary effects (e.g., cardiovascular disease) Death may also be the result of alcohol and drug related accidents or suicides.

Additionally, there are affective implications in long term, untreated addiction. Feelings of guilt, shame, and unworthiness lead to social isolation and failure of interpersonal relationships.

Addiction impairs the ability of the client to delay the need for gratification and to interact appropriately with others. Decisions are made based on the need for immediate gratification. These decisions are usually self-serving and self-centered, indicating a lack of or an arrested spiritual development.

PRINCIPLES OF TREATMENT

ARC adheres to the following beliefs about the treatment that it provides to clients:

1. Effective treatment of addiction requires a multi-disciplinary approach. Skilled professionals trained in the psychological, social and spiritual aspects of recovery work together in planning each phase of a client's treatment. These include, but are not limited to: the Executive Director, Counselors and Ancillary staff. Consultation with outside medical and mental health professionals is sought when requested by the client or determined to be necessary by the treatment team.
2. ARC encourages the client's family and significant others to become involved in the treatment process. This involvement takes the form of referral to family support groups and family/marital therapy as indicated. The primary goal of outpatient and recovery residence treatment is to reintegrate the client into his/her family and community systems as soon as possible.
3. The structured and supportive environment provided by ARC makes it possible for clients to address the emotional changes brought about by long-term addiction. Shame, guilt, low self esteem, fear and anger are common psychological themes which clients are able to explore. Special issues of men and women are addressed in gender specific groups.
4. ARC believes that an essential component of a client's treatment program is the development of a spiritual life including an active relationship with a higher power of their choice. Regular attendance of a 12-step program is required and participation in the church of their choice is encouraged.
5. ARC believes that it has an obligation to clearly define its treatment goals to both the client community and the referral community at large. These goals are:
 - a. The client will abstain from all mind altering and/or mood changing chemicals;
 - b. The client will verbalize an understanding of the disease concept of addiction;
 - c. The client will identify and express feelings in an appropriate, healthy manner;
 - d. The client will become involved and participate in a 12-Step fellowship regularly. The client will get and use a sponsor regularly;
 - e. The client will perform daily chores, daily meal preparation, weekly food purchases and other living skills as assigned;
 - f. The client will obtain employment and assume financial responsibility for all treatment fees. Disabled clients may substitute volunteer work for employment;
 - g. The client will participate in leisure activities and therapeutic leaves, using these leaves to repair damaged family and significant other relationships.

GENERAL INFORMATION

Alpha Recovery is a supportive, structured living environment for addicts who are new in their recovery. Residents are subject to nightly curfews, random urine screens, and are required to attend Alcoholics Anonymous or Narcotics Anonymous meetings on a regular basis, in addition to weekly groups at Alpha Recovery. Residents are required to work, unless there is a physical or mental disability, which prevents them from doing so.

The minimum length of stay at Alpha Recovery is twelve months. It is strongly recommended, especially in parole and probation cases, that a resident remains for completion of the entire program, which is approximately eighteen months. The actual length of time for completion of the program is determined by the residents' participation and progress in the program, not a pre-determined amount of days in the program.

We strongly believe that the Criminal Justice System is overrun with cases that are directly related to an individual's addiction problem. We have found that the treatment provided in the prison system isn't enough. While providing education to the addict, they do not afford the person the opportunity to practice the necessary life skills they have learned. At Alpha Recovery, the client is allowed to implement the skills in which the recovery lifestyle requires, while still under structure and supervision. We feel that our program is an effective alternative sentencing strategy to truly rehabilitate addicts whose disease has led them into legal problems.

The formation of the Alpha Recovery program is a culmination of ideas and experiences of several people actively participating in 12-Step programs of recovery. Alpha Recovery staff has found that the ideas and theories taught in the 12-Step fellowships implemented in a structured living environment greatly enhance the chances of recovery.

Alpha Recovery recognizes that the disease of addiction affects the addict physically, mentally, emotionally, and spiritually, and that the success of any program of recovery lies in daily commitment to a 12-step program. Alpha Recovery believes that regular attendance and application of the principles of these programs are the foundations for that success.

The Alpha Recovery staff is made up of people who are professional treatment providers and/or recovering addicts, themselves. We are available to clients to help in teaching the twelve steps and the practical application of these principles in daily living.

The programs of A.A. and N.A. teach us that there will come a time when nothing will stand between the addict and a drink or a drug but his relationship with his Higher Power. We, therefore, encourage spiritual growth.

ADMISSION OF RESIDENTS

There are no exclusions based on age, race, color, creed, sexual orientation, religion, or lack of religion. Alpha Recovery staff will conduct a personal screening interview with all prospective residents and appropriateness for admission will be determined on an individual basis. **Only those who are willing to seek recovery shall be admitted.** Upon approval for admission, residents are requested to have the following recent treatment records forwarded to Alpha Recovery, if available: diagnostic summary (with Multi-Axial Assessment), social history, treatment plan, and aftercare plan and medication list, if applicable. State law requires a current (within the previous 6 months) PPD and RPR on the day of admission; residents will not be admitted without these vital medical records. On the day of admission to Alpha Recovery, staff will conduct an entry interview with each resident to include a personal data history, fee contract agreement, rules and regulations agreement, other applicable paperwork and unit placement.

COMMUNITY LIVING

Life in a residential treatment community is a new, and sometimes confusing, experience for most clients. To minimize the stress involved in early recovery, Alpha Recovery has developed a structured program that exists to enable the total community to function in a constructive and supportive atmosphere. At the time of admission to Alpha Recovery, each resident is fully briefed concerning all rules and regulations of the residential requirements.

The Alpha Recovery staff provides supervision of the residential community to include individual, group and family interactions. Staff members are available on a 24-Hour basis. Each unit is under the direction of a Senior Resident, then the Case Manager, and finally the Program Director. Each member of the Community is required to attend specific groups each week.

Part of the **Community Meeting** function shall be to introduce new members to the community, to positively reinforce responsibility in the clients, and to educate clients in areas directly related to substance abuse.

In the **Peer Group Meeting**, the Senior Residents have the responsibility of confronting irresponsibility and giving consequences, reviewing meeting attendance, and reviewing Therapeutic Leaves. Staff members will be present at these Peer Group Meetings in an advisory capacity; however, staff reserves the right to make final decisions.

Residents will be required to attend weekly **Group Therapy, Educational Groups and Individual Case Management/Counseling** sessions, as scheduled. All clients will be admitted into Orientation Phase before moving into any other Phase.

TRANSPORTATION

For liability purposes, Alpha Recovery Centers does not provide transportation.

Residents may bring their personal vehicle to Alpha Recovery if they provide a copy of their valid driver's license and a copy of current proof of insurance card on the vehicle to be driven while in our program; however, residents may be subject to surrender of their vehicle as a consequence for various rule infractions.

Public transportation is available to all residents in the Atlanta facility; however the Brunswick community does not have a public transportation service.

Residents without personal vehicles are encouraged to seek transportation from other residents, sponsors, or appropriate contacts in the 12-Step fellowship (transportation not supervised by Alpha Recovery staff). Our rules require that all passengers in a private vehicle must be with all males or all females, unless prior approval for co-ed transport is obtained by the staff.

ALPHA RECOVERY CENTERS RELATIONSHIP WITH OTHER AGENCIES

Alpha Recovery Centers places a high priority on treatment. Our staff maintains constant liaison with other treatment providers and criminal justice agencies regarding resident progress via telephone consultation, on-site client review conferences and written reports.

If Alpha Recovery is a secondary treatment provider to the primary outpatient program, counselor, doctor or other healthcare provider, we require that residents follow their primary care givers treatment plan. If a resident fails to follow through with outside treatment commitments while Alpha Recovery, the resident will be subject to discharge.

SCHEDULE OF FEE'S

Admission Fee	\$ 400.00	Admission Fee
	<u>\$ 800.00</u>	First Months Fees
	\$1,200.00	Total.

The Admission Fee includes Intake Session, Bio/Psycho/Social Assessment, Nursing Assessment, Admission Drug Screen and the first months Residential Fees.

Residential Fee \$ 200.00 per week¹.

¹Client may opt to pay this fee on a monthly basis at a rate of \$800.00 per month. Monthly payments must be paid in 1 single payment at the onset of the monthly period or weekly rates will apply.

Alpha Recovery Centers will provide housing, utilities, local telephone service, individual and group sessions and two (2) drug screens per month.

Aftercare Fee \$ 50.00 per week.

Alpha Recovery Centers will provide group session and weekly drug screen.

Additional Services²:

Copy of File	\$.25 per page
Chargeable Urine Screen	\$ 25.00
Court Evaluations ³	\$ 125.00
DUI Evaluations ^{4,5}	\$ 125.00
Transport Fee - local	\$ 75.00
Transport Fee from other jurisdictions based on mileage.	
Transport Fee to Atlanta ⁶	\$ 300.00
Transport Fee to Brunswick ⁷	\$ 300.00

² Additional service fees must be paid in advance.

³ Pre-adjudication or Post-adjudication.

⁴ Meets Department of Driver Services requirements for Georgia Drivers License reinstatement.

⁵ Out of State DUI Evaluations are subject to additional fees.

⁶ From Brunswick

⁷ From Atlanta

COURT SERVICES

Jail screening and court appearance fees may vary from one jurisdiction to another, depending on distance of travel. The Metro Atlanta area includes City of Atlanta, Fulton County, DeKalb County, Cobb County, Clayton County and Gwinnett County. If your jurisdiction is not listed, please contact our office for a fee amount.

Metro Atlanta Area Fees or jail screenings are \$100.00. The defendant's attorney should make arrangements with the appropriate authorities for a contact visit with our staff member to conduct a Mental Health Screening for Substance Abuse. This correspondence should be forwarded to our office as well.

Metro Atlanta Area fees for Court Appearances are \$300.00 for a half day, then \$75.00 per hour thereafter. Our Staff needs as much advance notice as possible to schedule a Court Appearance.

Fees for Jail Screenings and Court Appearances are to be **paid in advance**.

Be mindful that the Court is not obligated to take our recommendation. Court Appearance Fees are non-refundable regardless of outcome in Court.

Note:

Fees for Services not listed will be determined by the Financial Director.

Fees are subject to change. Please consult with the Financial Director to ensure current Schedule of Fees.



Alpha Recovery Centers - Atlanta **Rules & Regulations**

Client: _____ Date: _____

INSTRUCTIONS: Read and initial in the blank provided for each rule. Do not sign the Rules Agreement without a staff member present.

Violation of the following rules is grounds for immediate suspension of residential treatment and/or discharge from the program. Please note that if you are mandated by parole, probation, drug court, or pretrial services and you are suspended or discharged for any reason, that the incident will be reported immediately to the supervising officer. If the supervising officer determines that readmission to Alpha Recovery Centers is inappropriate, then readmission will be denied, regardless of program policies regarding readmission.

_____ 1. No use of any mind-altering and/or mood-changing drugs. This includes alcohol, salvia, Spice, K2, Serenity Now, Genie (or any other herbal substance designed to mimic the effects of psychoactive substances), over-the-counter drugs, AND energy drinks (such as Red Bull, Rock Star, Monster, etc). Residents may not use mouthwash unless it is alcohol-free. Residents may not consume any products containing poppy seeds. **Residents must check with a staff member before taking any medication** other than those listed on the approved medications list. Residents must submit to urine drug screens and or breath tests upon request. Refusal to submit to a drug screen and/or breath test will be considered an admission of using. No using paraphernalia is permitted in any unit. A relapse is grounds for immediate discharge.

Residents will not be readmitted if they use in an Alpha Recovery unit or on the property where the residences are located. Residents will not be readmitted if they coax another resident to relapse with them. Residents who are intoxicated must leave the ARC property immediately, regardless of the time of day.

Residents are not allowed to go to bars, nightclubs, pubs, or any alcohol-serving or adult entertainment establishments while at Alpha Recovery. Restaurants that serve alcohol should be visited with discretion. If you are unsure, contact Staff. Residents are not allowed to drink non-alcoholic or low alcohol beer, wine, champagne or sparkling beverages while at Alpha Recovery.

_____ 2. No physical or emotional pairing off with anyone. Contact with partners of marriage, engagement or other long-term relationships *are subject to staff approval and limited to Therapeutic Leave only*, upon completion of Significant Others/Family Support questionnaire. **Residents who are not involved in an existing relationship may not date while in Phases O-3. Residents who are in phase four may begin dating only with staff approval.** This includes “phone, meeting, accidental or incidental dating”. Residents may not call units of the opposite sex, for any reason. No one of the opposite sex is allowed in the units without prior staff approval. No Resident or former Resident may date or have sexual relations with any other Alpha Recovery Resident while either Resident is still at Alpha Recovery.

_____ 3. All groups are confidential and the identity of the participants and any issues discussed are to be held in strict confidence. Residents are not to disclose the identity of anyone participating in the Alpha Recovery Centers program. It is the client’s responsibility to report violations of this agreement, by any client, to the Alpha Recovery Centers staff, as soon as possible.

_____ 4. No fighting or threats of physical violence. No weapons are allowed in any unit.

_____ 5. No participation or involvement in any illegal activities.

_____ 6. **NO SMOKING** in the units. In accordance with state and local fire, safety, and health ordinances, no smoking is allowed in any unit. Smoking is permitted in patio areas only.

_____ 7. Residents are required to promptly attend and participate appropriately in all scheduled Alpha Recovery groups and activities. Staff must approve tardiness or absence from an Alpha Recovery group at least three hours before the beginning of the group to be missed; however this does not necessarily constitute an **excused** tardiness or absence. Residents are required to attend 12 Step Fellowship meetings as prescribed by the client's current phase Rules and Objectives Form. All Residents are required to document group and meeting attendance on the form provided.

_____ 8. All Residents in the Orientation Phase will be on Buddy System; Buddy System is defined as: Residents on the Buddy System shall be with another member of the community (of the same sex) while away from the office or residences of Alpha Recovery Centers, other than work or outpatient treatment. It is the responsibility of the peer group and/or the community members to be available as a Buddy for all newcomers to the group.

_____ 9. Residents in Orientation Phase are not eligible for Therapeutic Leave but may apply for a day pass for up to six hours as long as they have a buddy. Residents in Phase One are not eligible for Therapeutic Leave but may apply for a day pass for up to twelve hours, no buddy is required. No Overnight Therapeutic Leave will be issued until Phase 2. Phase 2 Therapeutic Leaves will be issued for 24 hours only. Phase 3, 4 or 5 Therapeutic Leaves will be issued for 48 hours only. Residents may take an Overnight Therapeutic Leave every other weekend not to exceed **twice per month**. Therapeutic Leaves and day passes for contact with Significant Others are required, no matter the time frame and are subject to staff approval. Supervising officers for mandated clients reserve the right to deny Therapeutic Leave privileges. Residents may not take a Therapeutic Leave or day pass if they do not turn in a completed Meeting Verification Sheet. Residents may not take a Therapeutic Leave or day pass if they have an outstanding financial obligation to Alpha Recovery. No Resident will leave for a Therapeutic Leave or day pass until their fees have been satisfied. Residents must submit Therapeutic Leave or day pass requests to the Peer Group at the Peer Group meeting before the Therapeutic Leave or day pass is to be taken. Peer Groups, Senior Residents and/or Staff reserve the right to deny any Therapeutic Leave or day pass. If a Peer Group or Senior Resident denies a Therapeutic Leave or day pass, they must be present for an appeal to take place. Staff's decision is the final authority on any issue. Peer Groups are responsible for ensuring that no Resident is left alone for the weekend.

_____ 10. All Residents are required to work 35-40 hours per week or be a full-time student. This rule does not apply to Residents who are in outpatient treatment. No Resident is allowed to work more than 50 hours per week. Residents are required to post their work schedule on the bulletin board on a weekly basis. Residents work schedule must contain the following information: Names of employer, phone number, and days and hours of work. Unemployed Residents are required to submit potential employment contacts weekly on the form provided. Unemployed Residents must submit at least six applications per day, during the week (Mon-Fri). Clients who have the option of volunteering in lieu of working must do volunteer work for at least 20 hours per week. Volunteer work is to be documented on a Community Service Verification Form and must approved by ARC staff.

_____ 11. Residents are required to adhere to curfew. Residents are required to call the on-call staff member if they anticipate they are going to be late for curfew. Consequences may still be incurred if you call in late, however they may not be as severe as when no call is placed. Curfew is as follows:

Phase	1	2	3	4	5
Sun - Thurs	10:00 pm	10:30 pm	11:00 pm	11:30 pm	12:00 mid
Fri and Sat	11:00 pm	11:30 pm	12:00 mid	12:30 am	1:00 am

When visiting another ARC unit after curfew, you must still have staff permission.

Any Resident less than 17 years of age will adhere to the Fulton County and City of Sandy Springs Minor Curfew Laws of 12:00 midnight to 5:00 a.m. regardless of Phase 4 or 5 curfews. Any resident who is under the jurisdiction of the State Board of Pardons and Paroles or Intensive Probation Supervision will adhere to mandated curfew regardless any Phase curfews.

_____ 12. Lights Out is at 11:30 p.m. during the week (Sun-Thurs). Lights Out is defined as respect of others while sleeping. Residents may read or watch television after Lights Out provided that other Residents are not disturbed. No use of washer and/or dryer after Lights Out. No use of shower or bathtub after Lights Out. No televisions are allowed in the bedrooms. Stereo equipment is not allowed in the units. Boom boxes and clock radios may be brought to Alpha Recovery units at the Resident's risk. Staff will remove these items if this privilege is abused. They are to be kept at a low volume in respect to other Residents.

_____ 13. Residents are required to be out of bed by 8:00 a.m. during the week (Mon-Fri). Residents are required to be out of bed by 11:00 a.m. on weekends (Sat-Sun). Residents are required to make their beds within 30 minutes after awakening and before leaving the unit. Pulling sheets and blankets over the bed does not constitute making the bed; if you need instructions on how to make a bed please contact a Staff Member.

_____ 14. No one is allowed in any unit between 9:00 a.m. and 3:00 p.m. during the week (Mon-Fri) Exceptions will be made only for those who are sick, outdoor employees during inclement weather, employees who work evenings, and employees who work weekends with days off during the week.

_____ 15. Residents are required to participate in the cleaning of their unit, including but not limited to the kitchen, bathrooms, dining room, living room, hallways, bedrooms, patio(s) and grounds around the unit. Residents are responsible for keeping their personal areas, including closets neat and clean. A resident's clothing and personal belongings will be stored neatly at all times. All assigned duties should be completed by 9:00 a.m. during the week (Mon-Fri) and by 12:00 noon on weekends (Sat-Sun). Garbage is to be removed from the unit on a daily basis and placed in the proper receptacle provided by the complex. No garbage is to be left in hallways, breezeways or on the patio at any time.

_____ 16. All units are subject to random inspection for cleanliness and contraband. This includes drawers, closets, etc. Any vehicle used while at Alpha Recovery is subject to inspection for contraband. Any package, purse, suitcase, parcel, cell phone or incoming or outgoing mail is subject to inspection and/or confiscation of contraband.

_____ 17. Residents are required to sign in and out on the form provided when leaving from and returning to the unit. This includes trips to the ARC office and other ARC units.

_____ 18. Residents may visit other Alpha Recovery units, but only units of the same sex. No outside visitors allowed in any unit without prior staff approval. Any peer group member of the unit reserves the right to ask any visitor(s) to leave at any time. Residents may not visit other non-Alpha Recovery units in the complex. Residents are not allowed to go into the bedrooms when visiting other apartments. NO EXCEPTIONS. No overnight guest(s) will be permitted in Alpha Recovery units.

_____ 19. Residents may not sleep on the couch or floor. Residents may not lie on the couch. No eating is permitted in the Living Room area. No food or beverages are allowed in the Bedroom areas.

_____ 20. Residents must wear appropriate sleeping garments while sleeping. No nudity is allowed while at Alpha Recovery. If you sleep in undergarments, you must wear a robe when out of bed. Residents must dress appropriately. Appropriately is defined in the Dress Code of Alpha Recovery Centers. If you are told that a certain article of clothing is inappropriate, you are to change clothes immediately. If you are told that a certain article of clothing is inappropriate, you are not to wear that article of clothing again while at Alpha Recovery.

_____ 21. No using related or violence related posters, tee shirts (or other clothing), or decorations, allowed in the units or on the person of any Alpha Recovery Resident.

- _____ 22. Residents are required to tend to personal hygiene on a daily basis.
- _____ 23. No Resident will have any part of their body tattooed or pierced while in the residential portion of the Alpha Recovery Program.
- _____ 24. No pornographic materials allowed. No pornographic materials allowed. No pornographic materials allowed. No pornographic materials allowed. No pornographic materials allowed. Any questions?
- _____ 25. **ABSOLUTELY NO RESIDENT** shall remove any property of Alpha Recovery Centers. Residents are personally responsible for the immediate repair or replacement of property missing or damaged by their negligence.
- _____ 26. Residents are responsible for purchase and preparation of food. Refer to Rule # 5 for food theft issues.
- _____ 27. Residents are responsible for their own transportation. Staff cars are not taxis. If we are going to the same destination you may ask for a ride, otherwise MARTA bus stops are in walking distance of the office and the apartments. The number for Checker Cab is (404) 351-1111. No personal vehicles are to be driven without providing Alpha Recovery with a photocopy of a valid license and proof of insurance on the vehicle to be driven. No motorcycles are to be driven while at Alpha Recovery, except when the bike is a person's sole means of transportation. No Alpha Recovery Resident or former Resident may ride any other Alpha Recovery Resident or former Resident on a motorcycle while either Resident is still at Alpha Recovery. Residents are not allowed to lend their vehicle to any other Resident.
- _____ 28. Residents must report loss of key to staff. Residents will not be issued a key while in Orientation Phase. The Senior Resident is responsible for issuing a key to new Residents. Any Resident may collect a key from any discharged Resident at any time, and then turn that key over to the Senior Resident. A Peer Group may vote to give a new resident a key earlier than the prescribed period, however, the Peer Group will be responsible for missing property and lock changes if the new resident abuses this privilege. All members of the Peer Group must unanimously agree to issue a key earlier than the prescribed period. Alpha Recovery will order a lock change upon receipt of \$25.00 from the Peer Group to cover expense of changing locks.
- _____ 29. Phone calls will be limited to 10 minutes while others are waiting to use the phone. No phone calls will be received after 11:30 p.m. except in case of an emergency. This includes cell phone use. All Alpha Recovery phones are equipped with *call waiting*. **Residents are required to answer any incoming phone calls immediately.** Staff, Senior Residents, and Peer Groups have the right to screen any phone call.
- _____ 30. No outdoor grills may be used within 50 feet of any residential building, as ordered by the City of Sandy Springs Fire Marshall.
- _____ 31. Any client who carries a cell phone or pager is required to submit the phone number or pager number to the staff.
- _____ 32. No Resident is allowed in any Staff office without a Staff member present. The computers in the offices store confidential information; therefore, it is essential that Residents do not use the staff computers.
- _____ 33. Residents who participate in outside therapy programs are required to adhere to all rules and regulations of that program. It is the responsibility of Residents who participate in individual counseling at Alpha Recovery to contact the counselor to arrange a meeting schedule. Residents who miss counseling meetings with their counselor are required to give a 24-hour notice or be subject to a charge of ten dollars (\$10.00) as a missed appointment fee.
- _____ 34. No Resident will have anyone call Alpha Recovery for any information without first signing a release of information form.

_____ 35. Senior Residents, Peer Groups, the Community and/or Alpha Recovery Staff may assign consequences for violation of any of the rules and regulations. Any consequence can be appealed, in writing, to any staff person, within forty-eight (48) hours. Two or more staff members and/or the Senior Resident of the Resident appealing the consequence will hear appeals. All consequences assigned are to be carried out by the Resident until an appeal can be heard. ARC staff has the final authority on all consequences assigned.

_____ 36. No Resident will ask a Staff Member to change any other Staff Members decision. Refer to Rule # 35 for appeal procedures.

_____ 37. Any client who has knowledge of another client violating any rule, and does not inform a staff member will receive a consequence, including discharge from the program.

_____ 38. Cell phone use is not permitted in any group (this includes text messaging). Clients are to turn cell phones off while in group. If you are caught using your cell phone while in group it will be confiscated.

_____ 39. Residents are not permitted to build fires in the units. Residents are not permitted to burn candles in the units.

_____ 40. Alpha Recovery Staff may implement other rules or regulations on an individual, the Peer Group or the Community as necessary.

Rules Agreement

By signing this statement, I acknowledge that I have read, understand, and agree to comply by all Alpha Recovery Center's rules and regulations. I further agree that the Alpha Recovery Centers Staff may implement additional rules or regulations for the community, or specifically for myself, if needed. I further agree to accept any consequences assigned by Alpha Recovery Centers Staff if I violate any rule or regulation of the program, including discharge from the program. I also understand that there is an appeal procedure for any grievance that I may have with a consequence assigned, but that I am to adhere to this consequence until my appeal can be heard.

Client Signature

Date

Staff Signature

Date

PLEASE NOTE:

RULES FOR THE BRUNSWICK FACILITY ARE SLIGHTLY DIFFERENT IN THAT THE BRUNSWICK FACILITY IS DIFFERENT IN REGARDS TO PHYSICAL STRUCTURE OF THE BUILDINGS AND PEER GROUP AND COMMUNITY ASPECTS. PLEASE CONTACT THE BRUNSWICK FACILITY FOR A COPY OF THEIR SPECIFIC RULES IF YOU ARE CONSIDERING PLACEMENT AT THAT FACILITY.

House Arrest Program Substance Abuse Treatment and the Criminal Justice System Combine

Many times a person finds themselves in front a judge with charges that are directly related to alcohol and/or drug use. These people are not necessarily “criminals”, but addicts. Would these people really be in trouble if they were not addicted? If they were treated for the disease of addiction, and began a program of recovery, would they be in court again? If the true intent of the criminal justice system is to rehabilitate the individual, shouldn't the individual be treated for their addiction?

But then there are critics who feel that current penalties aren't stiff enough... That the judge should throw the book at these individuals... Is there a way to address both the criminal element of drug related crimes, but still treat the disease, which perpetuates the criminal behavior?

Alpha Recovery is working in conjunction with companies that offer Electronic Monitoring to offer a House Arrest Program. Clients under the House Arrest Program are serving a confinement sentence, but still receive the treatment they desperately need to address their addiction issues. The client is still required to meet all the criteria of the Alpha Recovery Program, work, therapy groups and 12 Step meeting attendance. Other than the time allotted for these activities, the client is confined to their unit for monitoring. This program allows a judge to hand down a confinement sentence, yet still offer the rehabilitative therapy to decrease the chances of a reappearance of the client in court.

Another benefit of this program is that the taxpayers no longer bear the expense of incarceration. This program is self-paid, by the client. The cost of this program is approximately \$300.00 per month for the monitoring service, based on which monitoring company the client wishes to use, plus the normal rate of the Alpha Recovery Program. Based on a 30-day month, this program would cost the client about \$28.00 per day. This is less than the daily rate of a moderate hotel room! When compared to the daily rate of an in-patient treatment facility or the cost of incarceration, the difference is significant.

The most important benefit of this program is to the clients themselves. This program allows the individual to become an acceptable, responsible, and productive member of society. It allows them to interact within society, yet still receive the support and structure so vital to those new in recovery. If the program doesn't work for an individual... then his probation or parole can be revoked... he is then incarcerated. If the program does work for an individual, then both the criminal justice system and the substance abuse treatment field have both accomplished their objectives.

Note: Clients that are placed on electronic monitoring by the criminal justice system are responsible for all costs associated with the electronic monitoring program. These costs include, but are not limited to; monthly monitoring charges and the cost of the addition of a phone line to the unit for monitoring equipment as well as monthly phone line charges from the phone company.



HISTORY

The Georgia Association of Recovery Residences (GARR) was founded in 1987 out of a need to evaluate and monitor quality of care in a rapidly growing field of addiction treatment in Georgia. It was the first association to develop and maintain a standards system for recovery residence programs in the state.

PHILOSOPHY

We believe in quality care for chemically dependent individuals and other persons needing recovery residence treatment. We believe that this can best be achieved through the creation and maintenance of standards designed for that purpose. We further believe that all people have the right to recover in an atmosphere which meets their special needs as well as their basic needs for safety, dignity and respect.

INTENT

The intent of GARR is to:

- Create, monitor, evaluate and improve standards and measure of quality for recovery residences in Georgia.
- Maintain a forum for exchanging ideas, solving problems and providing guidance.
- Provide community education about recovery residences and related topics.

BENEFITS OF MEMBERSHIP

- Being a member of a recovery residence association dedicated to continuing quality improvement.
- Staying abreast of current trends and other matters affecting recovery residences.
- Having input into decisions affecting recovery residences in Georgia.
- Having access to an experienced membership for assistance in solving problems.

MEMBERSHIP CRITERIA

- Passage of initial evaluation and other scheduled evaluations by GARR Standards Committee.
- Maintaining membership standards.
- Staying current with membership dues.

Both facilities of Alpha Recovery Centers are a member in good standing with the Georgia Association of Recovery Residences. When referring your client to a residential program or half-way house, please ask that facility to verify their credentials. Asking a program to verify their credentials protects you as a professional, and it protects your clients.

DIRECTIONS TO ALPHA ATLANTA

From the Northwest

(Cobb County, Marietta, Smyrna, Dalton, Rome, TN, KY)

Take I-75 South to I-285 East
Take I-285 East to GA 400 North
Exit on Northridge Drive (Exit 6)
Stay Right and Turn Right on Dunwoody Place
Turn Right on Cedar Run (Azalea Park Complex)
Approach Visitor Call Box on Right
Once in Gate, Follow Cedar Run
to Sign for Buildings 20-22 Turn Left
Alpha Office is in 1st Building on Left
Bottom Left Unit on Street Level
Unit C

From the East

(Augusta, Rockdale County, Conyers, Covington, South SC)

Take I-20 West to I-285 North
Take I-285 North to GA 400 North
Exit on Northridge Drive (Exit 6)
Stay Right and Turn Right on Dunwoody Place
Turn Right on Cedar Run (Azalea Park Complex)
Approach Visitor Call Box on Right
Once in Gate, Follow Cedar Run
to Sign for Buildings 20-22 Turn Left
Alpha Office is in 1st Building on Left
Bottom Left Unit on Street Level
Unit C

From the South

(Atlanta, Clayton County, South GA, South AL, FL)

75/85 North to Downtown Atlanta
85 North to GA 400 North
Exit on Northridge Drive (Exit 6)
Stay Right and Turn Right on Dunwoody Place
Turn Right on Cedar Run (Azalea Park Complex)
Approach Visitor Call Box on Right
Once in Gate, Follow Cedar Run
to Sign for Buildings 20-22 Turn Left
Alpha Office is in 1st Building on Left
Bottom Left Unit on Street Level
Unit C

From the MARTA (Public Transportation) System

Take Rail line to North Springs Station
Take Bus Number
Exit Bus in front of Azalea Park Complex
Once in Gate, Follow Cedar Run
to Sign for Buildings 20-22 Turn Left
Alpha Office is in 1st Building on Left
Bottom Left Unit on Street Level
Unit C

**GPS ADDRESS: 8805 Dunwoody Place
Atlanta, GA 30350-2905**

From the Northeast

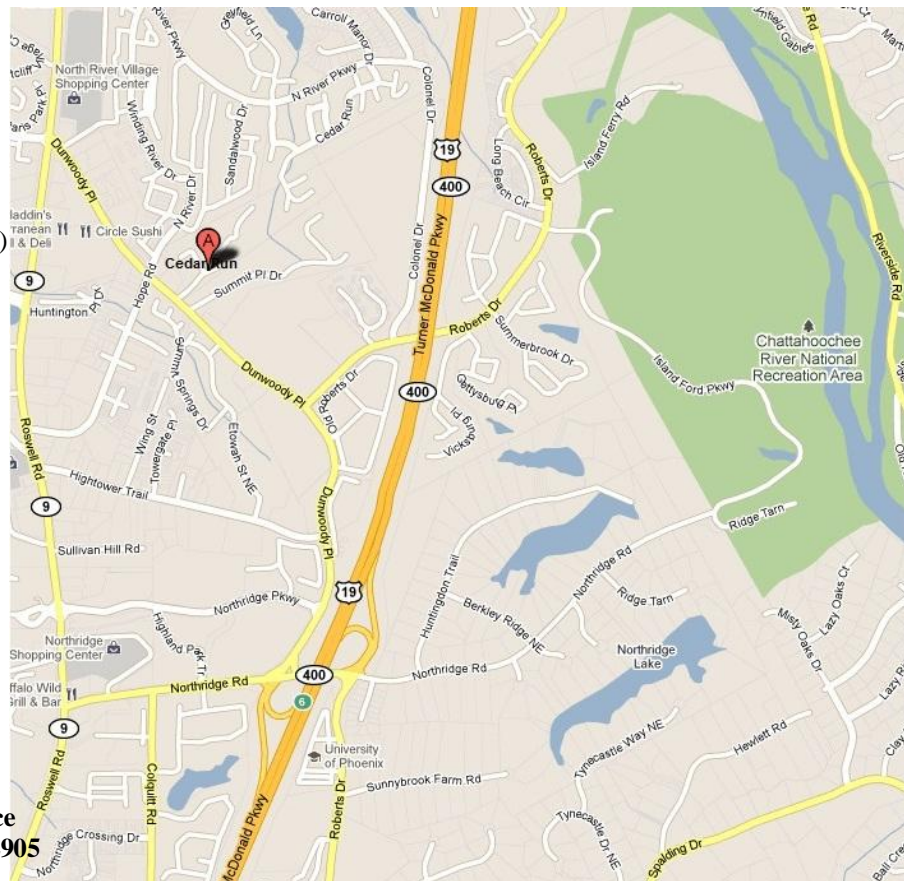
(Gwinnett County, Hall County, Gainesville, SC, NC, VA)

Take I-85 South to I-285 West
Take I-285 West to GA 400 North
Exit on Northridge Drive (Exit 6)
Stay Right and Turn Right on Dunwoody Place
Turn Right on Cedar Run (Azalea Park Complex)
Approach Visitor Call Box on Right
Once in Gate, Follow Cedar Run
to Sign for Buildings 20-22 Turn Left
Alpha Office is in 1st Building on Left
Bottom Left Unit on Street Level
Unit C

From the West

(Douglas County, Villa Rica, Carrollton, AL, LA, MS, TX)

Take I-20 East to I-285 North
Take I-285 North to GA 400 North
Exit on Northridge Drive (Exit 6)
Stay Right and Turn Right on Dunwoody Place
Turn Right on Cedar Run (Azalea Park Complex)
Approach Visitor Call Box on Right
Once in Gate, Follow Cedar Run
to Sign for Buildings 20-22 Turn Left
Alpha Office is in 1st Building on Left
Bottom Left Unit on Street Level
Unit C



DIRECTIONS TO ALPHA BRUNSWICK

From the North

(Darien, Savannah, Macon, Atlanta, I-675, I-20, I-85, TN, SC, NC, etc.)

Take I-75 South from Atlanta to Macon.

Take Exit 165 onto I-16 East from Macon towards Savannah.

Take Exit 157-A onto I-95 South from Savannah towards Brunswick.

Take Exit 42 on to GA Highway 99 East (turn left at top of exit ramp).

GA Highway 99 dead-ends into US Highway 17 (approx. 1 mile).

Turn right (South) on US Highway 17.

Turn left into Alpha Recovery Centers at 5046 US Highway 17 (approx. 2 miles).

From the South

(Woodbine, St. Mary's, Jacksonville, FL, I-10, AL, MS, etc.)

Take I-95 North from Jacksonville to Brunswick.

Take Exit 38 onto Golden Isles Parkway {SR 25 Spur} (turn right at top of exit ramp).

Move immediately into left lane.

Turn left on Glynco Jetport Road (first left turn).

Glynco Jetport Road dead-ends into US Highway 17 (approx. 2 miles).

Turn left (North) on US Highway 17.

Turn right into Alpha Recovery Centers at 5046 US Highway 17 (approx. 2.5 miles).

**GPS ADDRESS: 100 Whipple Drive
Brunswick, GA 31525**

