

Parent Guide Booklet

The purpose of Little Creek is to develop a clean and sober life. Everything else comes second. Here we learn to act maturely and responsibly. We build our characters through self-discipline and structure, setting goals and persevering. We take an honest look at our past and our future, yet we always remember to live in the moment.

At Little Creek we learn about and live the 12 steps every day. We learn to use the tools of recovery through the beauty of prayer and meditation, the importance of the 12 steps, the power of AA & NA meetings, and the guidance of a sponsor. Together, we can change from what we were to who we aspire to be.

Little Creek POLICIES

Payment:

Payment is due on the day of arrival, and invoicing will occur monthly for services and other expenses that are incurred during resident stay.

Cars

Permissible Use

After 30 days and with counselor approval, residents can earn the privilege of having their cars. Cars are to be used only to drive to and from work, school, doctor appointments, and home visits. Keys must be given to staff upon returning to the house. Keys will be kept locked in the office. Residents cannot hold onto their keys; violation will result in loss of car privileges.

Computer Access

Residents are kept on a strict computer blackout for the first 30 days. Exceptions are online classes. On weekdays, computers are allowed from 12:00 pm until 2:30 pm; and, from the end of the evening meeting (typically 8:00 or 9:00 pm) and lights out (11:00 pm). On weekends, computers can be used from 1:00 pm until lights out (12:00 am). Use of computers is a privilege allowed for residents who are up to date on their assignments. Residents are limited to 2 hour sessions during these allotted times. Sites such as Face-Book, Twitter, MySpace and sites for gambling and pornography are not permitted.

Drug Testing

No drugs or alcohol are permitted on the premises. This includes over-the-counter medication and prescription medications not previously approved by the program director as well as vanilla extract and mouthwash containing alcohol. If at any time a resident is found with drugs/ alcohol or paraphernalia, that resident will be evicted immediately. All residents must submit to random drug and alcohol tests by urinalysis and Breathalyzer, and, if the situation dictates, a blood test. If there is evidence of tampering with any test, or if any resident refuses to participate in a test, that resident will be evicted from the house immediately. The testing process goes through the

Residents insurance when it is submitted to the lab. Any Billing questions can be answered by Staff.

Home Visits

Residents who travel home for their mid-term visits are to be with family. Home visits are not for rekindling female relationships or for dating. A home visit is for the resident to mend their relationship with their family and to rebuild trust. Residents must make an AA or NA meeting while at home. Residents are to honor all boundaries that are set up with family and staff prior to the home visit. *Drug testing is mandatory upon a residents' return to Little Creek.*

Music Players

Portable music players (Nano or Shuffle) are allowed upon admission. They are not to be used during groups, meals, or at meetings. Staff can confiscate iPods if residents appear to be using them to isolate or withdraw. Portable music players are not to be used in the vans unless staff gives special permission. They are *never* to be used while attending any Alcoholics Anonymous or Narcotics Anonymous meeting.

Mail

There are two separate addresses at the Lodge, one for US Mail and one for deliveries from UPS, Fed Ex, etc. All packages must be opened with a staff member present.

For US mail, including packages through Parcel Post, address items to:

Little Creek Lodge
P.O. Box 942
Hamlin, PA 18427

For deliveries only, address items to:

Little Creek Lodge
359 Easton Turnpike
Lake Ariel, PA 18436

Medication

All personal, prescription medication is kept locked in the medicine cabinet. Residents are not permitted to having any pre workout or workout supplements unless approved by staff.

Residents are given access to certain amounts of medication as directed by the staff. Your son will notify staff when he needs a refill which be filled at a local pharmacy. Rite Aid located just a few minutes up the road at the corner of Route 191 and Route 590. All residents are to notify the staff of changes in medication, i.e., starting a medication, stopping a medication, increasing or decreasing a dose. Over-the-counter medication must also be kept in the medicine cabinet and monitored. Do not share any medication with other residents. The Pharmacist can answer any questions on medication or Insurance Information.

Rite Aid Pharmacist

(570) 689-9899

Petty Cash

Residents' cash, credit/debit cards, checkbooks, etc. must be turned over to the office upon arrival at the lodge. A personal "account" will be created from which the residents can withdraw for their daily needs. These requirements will vary according to the individual's need such as smoking, additional counseling, doctor's appointments, movies (when not a planned activity), and personal items.

Please notify the office of what spending limits you want for your son. Relatives may make additional deposits to these accounts by sending a check made payable to the resident to the office at Little Creek Lodge. When received, the resident will be asked to endorse it, and that amount will be added to the account.

Employment

Residents can obtain employment within 45 days. When a resident gets a job, all pay will be turned into the office as received. Cash pay should come with a note from the employer stating

the amount paid. Resident can have a car when he has a job. Residents must be able to make a meeting with their work schedule.

Outside Therapy

Additional counseling is available and welcomed when it is deemed necessary. Our clinical team and you, the parents, make that determination. At Little Creek there are two in-house licensed therapists who will see patients privately. Residents will be charged per session and directly billed by the therapist.

In addition, residents can see the many psychologists, psychiatrists, and addictions counselors in the area. Little Creek Lodge will charge for the transportation costs for each visit.

Transportation

Transportation is provided for residents for doctor appointments, job interviews, and other requirements. All individual rides outside a 5-mile radius will be charged to the residents' personal account at the rate of \$20/hr.

Visitation

There is a two-week no-visitation blackout period when a resident first arrives. Afterwards, visitation is through staff approval only, from 12:00 pm to 5:15 pm on Sunday. A resident can spend the day off property with the family. All visitors need to be back on the property by 5:15 pm. any items that are purchased while out shopping/visiting with family must be checked by a staff member before they are brought into your room.

Little Creek Lodge

359 EASTON TURNPIKE – LAKE ARIEL, PA 18436 –

PHONE (877) 689-2644

FAX (570) 689-2644

WWW.LITTLECREEKRECOVERY.ORG