



Little Creek

RECOVERY

Loved One's Guide

The purpose of Little Creek is to develop a clean and sober life. 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.

Packing for treatment:

While helping your loved one pack, it is important to bring the correct items to treatment. 1 large suitcase and 1 bookbag will be sufficient for your loved one's treatment stay. Washers and dryers are available.

Communication Upon Admission:

Upon admission into treatment, you will be contacted within 24-48 hours by your loved one's primary therapist. Little Creek utilizes a 1-week communication blackout upon admission. This is used so your loved one can assimilate into the treatment community without the stressors of what is going on outside of treatment. This blackout also helps with the homesickness many struggle with upon entering treatment.

Admission Process:

Upon admission your loved one will participate in a Health and Physical Exam as well as a Clinical intake in order to best assess what they need to optimize their treatment here at Little Creek Lodge.

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

Residents are not permitted to have their vehicle while residing at the inpatient level of care.

Computer Access

Residents are kept on a computer blackout for the first 7 days. On weekdays, computers are allowed after the completion of programming. On weekends, computers can be used after Adventure Trek until lights out. Use of computers is a privilege allowed for residents who are up to date on their assignments and are actively participating in treatment. Sites such as Facebook, Twitter, Instagram 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 discharged 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. Any Billing questions can be answered by Staff.

Home Visits

Home visits are not permitted while residing in the inpatient level of care.

Music Players

Portable music players that cannot connect to WIFI are allowed upon admission. They are not to be used during groups, meals, or at meetings. Staff can confiscate music players 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.

Cell Phones

Cell phones are not permitted while at Little Creek Lodge. Any case management needs that require use of a cell phone must be approved by their primary counselor and used during case management group times only.

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 medication is locked in the medicine cabinet and dispensed by nursing staff. Residents are not permitted to having any pre workout or workout supplements unless approved by staff. Prescriptions are filled by Omnicare of Scranton. Any supplements brought to treatment must be new, without the seal broken. These supplements must be approved by our medical staff.

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. Petty cashed is typically used for toiletries, smoking products such as cigarettes or vapes and snacks. Residents can keep no more than \$30 on their person at a time.

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 are not permitted to work while residing in the inpatient level of care.

Transportation

Transportation is provided for residents for local doctor appointments scheduled by Little Creek's medical team. Transportation to nightly AA or NA meetings will also be provided.

Rides home upon completion of treatment may be provided for a fee of \$30 an hour. This fee is charged per hour for the round trip. For example, If the transport is 2 hours from Little Creek the fee of \$30 an hour will be charged for 4 hours. 2 hours there and then 2 hours back.

If your loved one is therapeutically discharged from treatment, they will be dropped off at Martz bus station in Scranton, PA.

Martz Bus – Scranton Terminal
30 Lackawanna Ave, Scranton, PA 18503

Visitation

There is a one-week no-visitation blackout period when a resident first arrives. Afterwards, visitation is through staff approval only, from 11:30am to 4:00pm on Sunday. The resident must remain on property. Any items that are brought to your loved one must be checked by a staff member before they are given to the resident.

Little Creek Lodge
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