



PATHWAYS

Recovery & Wellness Through Life-long Change

430 Teegarden Avenue, Yuba City, CA 95991 / 530-674-4530 • 2 Ninth Street, Marysville, CA 95901 / 530-742-6670

FAQS - Detoxification & Residential Treatment

1) How long will I be in Detox?

There are several factors that determine a length of stay in Detox. The length of time in the detox. process will be determined by Pathways Medical Director and the course of treatment that is best suited for the individual. Factors that determine length of stay, are type of substance or substances that you are detoxing from, length of time abusing the substances, age, gender, and overall health.

2) How long will I be in residential treatment?

The length of stay is different for each individual and will be determined with the help of your Case Manager based on your specific needs.

3) Will I have to share a room?

Yes, you will have to share a room. Addiction and alcoholism are disorders that isolate individuals and part of the treatment experience and the path to wellness are to help you break free of that isolation.

4) Is there a restriction period?

Yes, it is a 7 day orientation/stabilization period. During this time you will be able to receive mail, however you will not be allowed phone calls or visitation. Your loved one is welcome to call and speak with our staff to find out how you are doing.

5) Is there support for loved ones?

Yes, Pathways has a strong family program that family members are encouraged to participate in to start their own healing process. Pathways staff can also help with referrals for Al-Anon groups and family therapy if needed. Participation in the Friday family program will allow you visitation on Sundays.

6) Can I have visits from loved ones?

Yes, we encourage participation from loved ones. Part of the healing process is done with those loved ones. Participation in the Friday family program will allow you visitation on Sunday's.



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FAQS - Detoxification & Residential Treatment CONTINUED

7) What will I need to bring with me?

- Clothing for one week, laundry facilities are provided. Do not bring any clothing that depicts drugs or alcohol. No tank tops, halter tops, see through clothing or items that reflect questionable or objectionable material, no short shorts / skirts.
- Bring comfortable clothing for sleeping.
- Pathways provides linens, pillows and bath towels, however you may bring your personal linens and towels if you wish.
- Personal hygiene items, these products cannot contain alcohol. If you don't have access to personal hygiene items they will be supplied for you.
- Stamps and envelopes.
- If you are currently taking medications please bring them with you. They must be in the original container and expired medications will not be allowed.
- You may bring money, we suggest that you only bring \$20.00 with you.
- Please bring your ID and insurance card with you.

8) What items are not allowed?

No food, sodas or candy is allowed, Pathways will provide you with plenty of healthy food options and snacks. No electronic devices, such as radios, cameras, ipods, computers, tablets or cell phones are allowed. Any disallowed items brought will be inventoried, stored and returned upon your discharge.

9) Can I use tobacco in treatment?

Yes, tobacco can be used in designated areas. Pathways is committed to providing resources for you to quit smoking if you chose to do so.

- Daily exercise.
- Spiritual activities that include church services.
- Clean comfortable living and common areas.
- Medication supervision and scheduling.
- Nutritious meals and snacks. Special dietary needs are addressed as needed.