

WELCOME TO  
*the Way*  
CENTER

*New Client Orientation Packet*

### **Mission Statement**

At The Way Center, we understand that addiction is a complex condition that affects the whole person — mind, body, and spirit. Our mission is to guide individuals toward lasting recovery by addressing the root causes of addiction and supporting meaningful personal growth. We provide a compassionate environment where healing, purpose, and hope can take root.

### **What's We Do**

We offer a structured program designed to help individuals break free from destructive patterns and learn new ways of living. Through evidence-based therapies, life-skills training, and opportunities for personal reflection, you'll discover tools to make positive choices and build a healthier future.

### **Your Role in Recovery**

Recovery starts with a decision — today you are choosing to create change. During your time here, you will follow a daily schedule that includes counseling, education, peer support, and wellness activities. The more you engage in what we offer, the more you will gain from this experience.

### **Why We Have Rules**

Rules and routines aren't meant to hold you back — they are here to keep the environment safe and respectful for everyone. During orientation, you'll learn about house expectations and the program schedule so that you can focus fully on your treatment and growth.

### **Your Counselor**

You will be assigned a counselor who will meet with you regularly, help you set goals, and guide you through your individualized treatment plan. Your counselor is here to support you and to challenge you — both of which are important for lasting recovery.

### **Peer Support**

Peer support is an important part of recovery. At The Way Center, you'll have the opportunity to attend AA meetings, participate in peer-led support groups, and take part in optional church services. These experiences allow you to build connections, grow spiritually if you choose, and practice living your recovery with others who understand your journey.

## What to Bring

We want you to feel comfortable and prepared for your stay, while also keeping everyone safe. Here's what to pack:

- **Prescription medications** in their original containers
- **Protein powder, vitamins, herbal supplements** (sealed for inspection)
- **Five days' worth of comfortable clothing** and 2 pairs of shoes
- **Sealed cigarettes** and individually wrapped non-perishable snacks
- **New, unopened hygiene items:** toothbrush, toothpaste, soap, razor, shampoo & conditioner, deodorant, tampons, etc.
- **Names, addresses, phone numbers, stamps, envelopes** for people you'd like involved in your treatment

## What to Leave at Home

Please avoid bringing the following items:

- Non-prescription medications, loose pills, perishable/opened foods, energy drinks
- Excessive clothing/jewelry, tank tops, dresses, skirts, white shorts, clothing with vulgar or suggestive content
- Aerosol products, perfumes/colognes, nail polish, eyelash glue, fake nails
- Electronics (will be locked up), picture frames, large amounts of cash (will be secured)

**Note:** Weapons, pets, glass, and reading materials unrelated to recovery are strictly prohibited.

### The Way Center Schedule

All activities are mandatory. All patients are expected to show up and participate in scheduled activities unless excused by the nursing.

| Monday – Friday |                       | Saturday & Sunday |                    |
|-----------------|-----------------------|-------------------|--------------------|
| 6:00 AM         | Wake Up               | 7:00 AM           | Wake Up            |
| 6:30 AM         | Prayer/Meditation     | 7:30 AM           | Prayer/Meditation  |
| 7:00 AM         | Breakfast             | 8:00 AM           | Breakfast          |
| 8:00 AM         | Medications           | 8:15 AM           | Medications        |
| 9:00 AM         | Community Group       | 10:00 AM          | Spirituality       |
| 10:00 AM        | Process Group         | 12:30 PM          | Lunch              |
| 12:30 PM        | Lunch                 | 1:15 PM           | Medications        |
| 1:15 PM         | Medications           | 3:00 PM           | Big Clean (Sunday) |
| 1:30 PM         | Education/Assignments | 5:30 PM           | Dinner             |
| 2:30 PM         | Education/Assignments | 6:30 PM           | Chores             |
| 3:45 PM         | Recreation            | 7:00 PM           | Meetings           |
| 5:30 PM         | Dinner                | 8:00 PM           | Medications        |
| 6:30 PM         | Chores                | 10:30 PM          | Prepare for Bed    |
| 7:00 PM         | Meetings              | 11:00 PM          | Lights Out         |
| 8:00 PM         | Medications           |                   |                    |
| 9:30 PM         | Prepare for Bed       |                   |                    |
| 10:00 PM        | Bedtime               |                   |                    |

### Family Day

Visitation hours at the facility are only on Fridays between 2 PM and 4 PM. Please note that clients are allowed to have a maximum of two visitors, who must be over 18 years old. There are no exceptions to this rule. In addition, clients must have stayed at the facility for at least two weeks and have maintained good behavior throughout their stay. Prior approval from the staff is mandatory for all visitors, and those without approval will not be granted access.

*All guidelines may change at The Way Center's discretion in the facility's best interest.*

### The Golden Rules

During your treatment and post-graduation visits, it's important to follow our Golden Rules. Violating them may lead to immediate discharge. Please take the time to read and ask questions.

1. Absolutely no drugs, prescription medications, or any other substances are allowed except if prescribed by our medical director. Anyone caught with drugs or contraband will be discharged.
2. Drug screens are done upon admission. Random drug screens will be taken to ensure compliance. Patients who fail to provide a urine sample will be discharged. Patient will be required to remain with the nurse until a sample is given or they are discharged.
3. Physical contact and sexual activity are strictly prohibited. Patients must always be in groups of two or more individuals of the same gender. Male and female interaction is only permitted in a group setting. Former clients are not allowed any physical contact.
4. When leaving the facility against medical advice (AMA), contact with anyone, male or female, is prohibited.
5. Physical violence, threats or disrespect to staff or patients, or property destruction will not be tolerated. Possession of potential weapons is prohibited.
6. Theft, gambling, or bartering activities is prohibited.
7. No smoking is permitted in any building or during recreation/exercise, except in designated areas.
8. Anything discussed in group therapy must remain confidential. **Who you see and what you hear stays here.**

## Guidelines

### Grooming & Dress Code

Personal care and appropriate clothing are important for a safe and respectful environment at The Way Center.

#### Grooming

- Shower daily and wear clean clothing, including shoes and undergarments, at all times.
- Grooming should be done in the privacy of your room or restroom.
- Pajamas, lounge wear, and bathrobes are only allowed in bedrooms.
- Shower shoes and flip-flops are permitted only when bathing.
- Trading, loaning, or selling clothing or jewelry is not allowed.

#### Appropriate Dress

- **Men:** Clean shirts or t-shirts, pants or shorts worn at the waist, and shoes.
- **Women:** Clean shirts or t-shirts, pants or shorts, and shoes. Shorts must be no more than 2 inches above the knee when standing, and skirts or dresses must be below the knee.

#### Inappropriate Dress

- Clothing with logos or designs referencing drugs, alcohol, profanity, violence, sex, gangs, or gambling
- Sleeveless, overly tight/loose, stained, or revealing clothing
- Pants worn below the waistline or leggings as stand-alone bottoms
- High heels or shoes without straps (shoelaces must be tied)
- Hats or sunglasses worn indoors
- Facial piercings or jewelry worn on the face (must be removed)

**Note:** You may be asked to change immediately if staff determine your attire is inappropriate.

### Participation & Punctuality

Being present and on time is key to getting the most out of your treatment.

- Arrive 5 minutes early to all scheduled activities and vital/medication appointments.
- Use the restroom before activities begin.
- Stay attentive and respectful during groups, classes, and meetings. No crosstalk, sleeping, passing notes, eating, or other disruptive behaviors.
- Threats, aggressive language, or horseplay of any kind are not allowed.

### Medical Compliance

Your health is a priority.

- Report to nursing for vitals and medications at scheduled times.
- Follow all medical instructions, including diet orders.
- Notify staff of any medical issues as soon as they arise.

### Boundaries & Respect

To maintain a safe and supportive community:

- No cliques, gossip, or forming exclusive groups.
- No physical contact with other clients.
- Do not pass notes, money, or personal items to other clients.
- Respect all staff, peers, and property — no verbal abuse, threats, or physical aggression of any kind.

**Important:** Physical violence or unsafe behavior may result in discharge.

### Phone Use

- No phone calls for the first 72 hours of treatment.
- One call per day after that, limited to 10 minutes, supervised by staff.
- No three-way calls.
- Violating phone rules can result in suspension of phone privileges for 24 hours or more.

### Tobacco Use

Smoking is only permitted in designated areas during scheduled breaks and free time.

- Vapes and smokeless tobacco are not allowed.
- Cigarette butt cans are provided and must be used.
- Anyone caught smoking in undesignated areas will be discharged.

### Facility & Ground Rules

- Stay in approved areas unless escorted by staff.
- Do not enter another client's room or any staff offices without permission.
- When off campus for appointments, stay with the group and follow staff instructions at all times.

### Chores & Cleanliness

Once medically cleared, you will be assigned a weekly chore. Chores are inspected daily. Keep your room clean and organized to maintain a healthy living space.

## Frequently Asked Questions

### When will I get to call my family?

72 hours after your arrival at The Way Center if approved by counselor. Approval is directly impacted by behavior and participation.

### When will I get to see my family?

14 days after your arrival at The Way Center if approved by counselor.

### What if I need supplies?

Your family may bring you approved supplies, you may order through The Way Center's patient store, or you may place an order for Wal-Mart pickup.