



North Carolina Department of Health and Human Services
Division of State Operated Healthcare Facilities
Julian F. Keith Alcohol and Drug Abuse Treatment Center

201 Tabernacle Road • Black Mountain, North Carolina 28711-2537 • Courier # 12-85-01

Beverly Eaves Perdue, Governor
Lanier M. Cansler, Secretary
J. Luckey Welsh, Jr., FACHE, Director

W. Douglas Baker, Facility Director

October 3, 2011

Dear Prospective Patient:

We want to welcome you to the Julian F. Keith Alcohol and Drug Abuse Treatment Center (JFK ADATC) and assure you we will do all we can to support the changes you want to make in your life. In order for you to best use your time here, there are some things you need to know to help you prepare for admission.

1. You are scheduled for admission to the JFK ADATC acute rehabilitation services treatment program. We would like to provide information that will help prepare you to be ready to engage in intensive treatment as soon as you are admitted. Therefore, we ask that you complete any necessary detoxification services prior to admission.

Alcohol and drug screening will be conducted at your admission. If our physician feels that you need detoxification prior to admission, we may refer you back to your Local Management Entity. Therefore, you need to be alcohol and drug-free for 72 hours prior to admission, free from opiates (Vicodan, OxyContin) for 7 days and free from benzodiazapenes (Xanax, Valium) for 14 days.

2. It is very important for you to keep your appointment date and time. If you will be later than one hour, please call (828) 257-6230. The person bringing you is expected to stay until you are cleared for admission. If you cannot keep your appointment, you should contact us and your Local Management Entity as soon as possible to arrange another admission date/time. You are also responsible for arranging your transportation home when you are ready to leave.

3. All facilities treating substance abuse patients are mandated to screen for exposure to tuberculosis. The JFK ADATC admission's nurse will be asking a series of questions on your arrival to screen for this purpose. If you have had a bad cough for two or more weeks OR two of the following symptoms (fever, sweats or weight loss) please see your physician for an evaluation prior to arrival.

4. Your Local Management Entity will need to send authorization papers and other pertinent information to us prior to your admission.

5. Charges for treatment services at Julian F. Keith are based on a sliding scale. Please bring proof of identification, proof of financial status, and any health insurance, Medicare and/or Medicaid cards. If your health insurance company requires pre-admission certification, please be sure to bring this certification on the day of admission.

Medications: We will need to know the prescribed medications that you are presently taking. Please bring your prescription medications and an accurate list that includes the name, dosage, and frequency of use. This medicine will be reviewed by the admissions staff and stored while you are in treatment. If you are taking antibiotics or medications for HIV, be sure to bring those medications with you to ensure continuation of the medication course. Our physicians will evaluate and prescribe your medications while you are at our facility. JFK ADATC will supply any medications prescribed by our physicians. Note that if your JFK ADATC physician starts you on medication that is different from what you had been taking, he/she may determine not to return the prescriptions that you brought to the facility. This is based on safety standards related to the proper dispensing of prescriptions. Please do not bring any over-the-counter medications such as aspirin, cough syrups, etc. or herbal remedies.

Patients wishing to continue a controlled substance for a medical/psychiatric condition (e. g. a narcotic/pain medication, Xanax, Klonopin, Phenobarbital, Ritalin) will need to bring a letter from their prescribing physician (on his/her letterhead) explaining the following:

- a. That all other non-addicting medications have been given reasonable trials and were not successful.
- b. That your physician knows you are referred for addiction treatment.
- c. That your doctor is willing to continue to prescribe the controlled substance when you return home.

Please inform your provider at the time you are requesting JFK ADATC services that your physician will be continuing you on a controlled substance medication. Please also inform JFK (828.257.6201) prior to day of admission that your physician will be requesting that you continue these medications.

The JFK ADATC physician will then review this information with you to make a treatment plan that is consistent with best practices.

6. Pregnant females need to have received initial prenatal care. It will be helpful to have a note signed by the caregiver indicating the estimated due day, and medical needs that should be considered during treatment, and any other significant information. If you have any questions regarding this, please call JFK ADATC at (828) 257-6200 and ask to speak with the Admissions Nurse.

7. Please bring sufficient money for personal needs such as transportation home, etc. We suggest you keep \$30.00 on your person. Additional money can be deposited with the Cashier and withdrawals can be made weekly. You may obtain postage stamps and change daily (Monday – Friday, except Holidays) from the Cashier. Because our Business Office does not keep a large amount of cash on hand, at the time of discharge you may receive your deposited funds in the form of a check. If someone sends you money it must be a money order. Personal checks are not cashed.

8. Please bring personal toiletries, such as toothbrush, toothpaste, shampoo, conditioner, unscented deodorant, (stick, cream, or solid), comb, shaving cream, etc. All of these items must be alcohol free. In our treatment setting perfume or perfumed creams or lotions, hair spray, cologne or after-shave, mouthwash, etc., are not allowed.

9. We have found that having two members of the same family, significant others, or close friendships in treatment at the same time could complicate the treatment effort. Therefore, two members of the same family and/or significant other or those with close friendships will not be admitted for treatment at the same time. If you are related to any staff member at JFK ADATC, you need to let us know so we can provide appropriate treatment for you.

10. Please bring clothes that are casual, comfortable, and machine washable. We encourage you to put your name on your clothing with a laundry-marking pen. Laundry machines are provided in your dormitory.

You will need walking shoes for exercise and rubber-soled shoes for the gym. Because we wish to emphasize and respect each individual's effort to begin his/her recovery without any distractions, we ask that you do not bring any clothes that might be distracting for other patients (such as short shorts, mini-skirts, see-through garments, or clothing imprinted with obscene, vulgar, or culturally insensitive drawings/pictures/ statements, etc.) or any clothing with an alcohol or drug-related logo. Gang related clothing and symbols may not be worn.

11. Your time here needs to be used for activities related to recovery, so do not bring a television, a radio, "CD" or MP3 player, ipod, ipad, camera, musical instruments, beeper, PDA, cellular telephone, e-reader or business related work or material. Clocks (without radios) are allowed.

12. Because rolling papers can be associated with drug paraphernalia and potentially disturbing to other patients, please do not bring loose tobacco.

13. THE GREATEST GIFT YOU CAN GIVE TO YOURSELF AND YOUR FAMILY IS YOUR RECOVERY. WE FEEL THAT IT IS VERY IMPORTANT FOR YOUR FAMILY AND/OR SIGNIFICANT OTHER(S) TO SUPPORT YOUR DECISION TO ENTER TREATMENT. WE STRONGLY ENCOURAGE THEM TO PARTICIPATE IN YOUR TREATMENT AS MUCH AS POSSIBLE.

IF YOU WOULD LIKE TO HAVE FAMILY AND/OR SIGNIFICANT OTHER(S) VISIT WHILE YOU ARE A PATIENT AT JFK ADATC, PLEASE CAREFULLY READ AND FOLLOW THE VISITATION GUIDELINES BELOW.

14. Visitation

- a) Family visitation is held on Saturdays. The visitation program is from 12:30pm – 3:00 pm.
- b) To arrange to have visitors the patient will need to provide to his/her counselor a written visitor list by 4PM on the Friday before each weekend.
- c) Visitors must arrive at JFK ADATC promptly at 12:30.
- d) Visitor registration & orientation is between 12:30 p.m. and 1:30 p.m.
- e) Visitation between patients and visitors starts at 1:30 p.m.
- f) Park in the front parking lot and enter into the lobby area. You will be escorted to the visitation area by staff.
- g) Visitation will only take place during prescribed visitation hours.
- h) All visitors must be approved by the counselor/social worker or treatment team, and show a verifiable ID at the time of visitation.
- i) Only two people may visit during any one visitation session.
- j) Only those aged twelve and above may visit during visiting hours. Visitors aged 12 through 17 must be accompanied by an adult (patient is not allowed to provide the adult supervision).
- k) To ensure safety and compliance, no visitors will be allowed to visit until the safety presentation is completed.
- l) Visitors will not be allowed in the visitation area with personal items such as purses, bags, personal packages or back packs. Cell phones, tobacco products, lighters, matches, cameras, knives, pocket knives, weapons, or any

illegal items will not be allowed on the campus. Illegal items will be turned over to the police. Visitors are subject to electronic scanning.

- m) Visitors must sign a confidentiality and legal agreement.
- n) All visitors will be required to wear an identification badge above the waste, specific to JFK ADATC.
- o) Visitors who are acting suspiciously or suspected to be under the influence of drugs or alcohol will not be allowed to visit and the DHHS Police will be notified. Any visiting situation that becomes non therapeutic for the patient, may be terminated by the counselor or any facility staff member.

14. Directions: How to get to JFK-ADATC:

From the Western part of the state, traveling east on Interstate 40, take exit 59 to Swannanoa – Turn left (north) onto Patton Cove Road, crossing over I-40 , travel to traffic light. At the light turn right onto U.S. Highway 70 East, and travel approximately three miles. Turn left at signal light (just past railroad tracks) onto Grovestone Road. Travel to next intersection and turn right onto Old U.S. Highway 70 and travel approximately ½ mile (past Black Mountain Neuro-Medical Center and the Veterans Cemetery). Turn left onto Highland Farms Road; continue straight ahead to JFK-ADATC.

From the Eastern part of the state, traveling west on Interstate 40, take exit 65 to Black Mountain: - This exit takes you through the town of Black Mountain (on U.S. Highway 70). There are three (3) traffic signals in the downtown area and one (1) right outside the immediate area, for a total of four (4) traffic signals. At the fifth (5th) signal (approximately 1 ½ miles after the 4th light – turn right onto Blue Ridge Road. Travel to next intersection (flashing traffic signal) and turn left onto Old U.S. Highway 70. Travel approximately ½ mile. Turn right onto Highland Farms Road; continue straight ahead to JFK-ADATC.

We hope you will find these suggestions helpful as you prepare for your journey toward recovery. We look forward to your admission.

Sincerely,

