



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
Director

W. Douglas Baker, Facility

July 26, 2010

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 expect that you will be physically and psychologically prepared to participate in intensive treatment as soon as you are admitted. Therefore, we require 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 will 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 benzodiazepenes (Xanax, Valium) for 14 days.

2. It is extremely 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. The bus schedule to this area is uncertain, so please do not plan to come by bus. You are also responsible for arranging your transportation home when you are ready to leave.

3. In order to minimize chances that you will not receive or transmit tuberculosis, you will need proof of a certified PPD (TB skin test) within the last six months. This can be done at your local health department (some may charge a small fee). Please allow a week for this test. Some health departments only do them on certain days and they have to be "read" two to three days after they are given.

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

5. 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: Bring no medications other than antibiotics or medications for HIV. Do bring information about the medications you are prescribed, including name and dosage. Our physicians will evaluate and prescribe your medications while you are at our facility. JFK ADATC will supply any medications you may need. Do not bring any over-the-counter medications such as aspirin, cough syrups, etc. or herbal remedies.

If you are prescribed a controlled substance (for example, a narcotic, pain medication, Xanax, Klonopin, Phenobarbital, Ritalin, etc.), you will not be given this medication unless you bring a letter from the prescribing physician (on his/her letterhead), explaining the following:

- a. That no other medication is effective
- b. That your doctor knows you are referred for addiction treatment
- c. That your doctor will continue your care when you return home

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 or a boom-box, "CD" or cassette players, camera, Walkman, musical instruments, beepers, PDA's, cellular telephones, or business related work or material. Clocks (without radios) are allowed.

12. 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 PARTICIPATE IN YOUR TREATMENT, AS MUCH AS POSSIBLE. WE STRONGLY ENCOURAGE THEM TO PARTICIPATE IN OUR FAMILY EDUCATION PROGRAM.

Family **Visitation** and the **Family Education Program** are held on Saturdays. General visitation is held from 1:00 p.m. – 2:15 p.m. and the Family Education Program is held from 2:30 p.m. – 4:00 p.m..

Family Visitation: 1:00 p.m. – 2:15 p.m.

- 1) Visitation starts at 1:00 p.m. Registration is between 12:30 p.m. and 1:00 p.m.
- 2) Park in the front parking lot and enter into the lobby area. You will be escorted to the visitation area by staff.
- 3) There is a four person visitor limit for each patient; all visitors must be on an approved visitor list completed with the Counselor/Social Worker.
- 4) No food or drink items may be brought into the center; all packages will be inspected by a staff member prior to receipt.
- 5) No cameras or cell phones may be brought into the center.
- 6) Children of any age may visit with an adult visitor, but there are no special accommodations for children; please try to bring quiet activities for children to use during visitation time. Special visitation can be arranged for children during weekdays with assistance of the patient's Counselor.

Family Education Program: 2:30 p.m. – 4:00 p.m.

- 1) Family members will register between 2:15 p.m. and 2:30 p.m. for the Family Education Program
- 2) The program is optional, but highly recommended for all family and friends whose loved one is living with alcoholism and/or addiction.
- 3) Children under the age of 12 are not permitted in the Family Education Program and patients are not participants in the program.
- 4) Family and couples therapy sessions are available for any patients at the facility; please speak to your Counselor or Social Worker.

For further questions regarding **Visitation** or the **Family Education Program**, please call the receptionist at (828) 257-6200 and ask to speak to a member of the Social Work Department.

13. **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 and an industrial plant “Kearfott”) onto Grovestone Road. Travel to next intersection and turn right onto Old U.S. Highway 70 and travel approximately ½ mile (past Black Mountain 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,

Doug Baker

Doug Baker,
Facility Director
Phone: (828) 257-6200