



MESILLA VALLEY HOSPITAL

## *Journey to Recovery Program*



### Mesilla Valley Hospital Outpatient Services Handbook

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# Introduction

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Welcome to the Journey to Recovery program here at Mesilla Valley Hospital. The Journey to Recovery Program is a Partial Hospitalization program that is offered by Mesilla Valley Hospital's Outpatient Services which is connected to Mesilla Valley Hospital. Mesilla Valley Hospital is a psychiatric hospital that treats adults and adolescents with psychiatric illnesses and chemical dependency. Our outpatient services allow you the benefit of participation in groups, activities, therapy, and to interact with others in recovery with the advantage of going home at the end of the day. Our program focuses on helping you obtain and maintain sobriety from substances that have interfered with your ability to live a fulfilling life.

We offer: a complete medical and psychosocial assessment and diagnosis; individual, family and group therapies; along with education about effective treatment and control of emotional disturbances and behavioral problems. Our treatment program is highly individualized and holistic in approach with every area of life included in the treatment focus. Treatment is provided by professionally trained staff including attending psychiatrists, nursing staff, therapists/social workers, substance abuse specialists, a dietician, and recreational therapists.

Your decision to participate in outpatient treatment services is a crucial step in the right direction towards wellness, with the focus on stabilization, intervention, diagnosis, and initiation of psychiatric and therapeutic interventions. Following discharge, follow-up therapy and medication management become important means of protecting and enhancing the recovery process.

Together we will work hard to make your outpatient stay as productive and as comfortable an experience as is possible. If at any time you have questions or concerns about your care, the information outlined in this handbook, or anything else, please don't hesitate to contact MVH Outpatient staff at (575) 382-6658.

## Program Expectations

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Outpatient treatment services are based on you taking responsibility for your own feelings, thoughts, and behaviors. Successful treatment depends on your compliance with established Outpatient Program policies and patient responsibilities. The following guidelines are provided to help you quickly become familiar with some of the policies and expectations of the MVH outpatient program. Please feel free to ask any of our outpatient staff questions at any time.

### **Examples of Items NOT Allowed on the Unit (Contraband):**

- Smoking materials (e.g. cigarettes, lighters)
- Glue or inhalants
- Drug related items
- Razors

- Products with alcohol
- Inappropriate books, magazines or photos
- Weapons or potential weapons of any kind
- Metal cans or aerosols
- Medication that is not prescribed or approved by the Program Manager

Please note that as part of our efforts to maintain a safe environment we do perform a metal detector search on all patients prior to entering your programming unit. You will also be asked to minimize the items that you bring to the program; however, for items that you must bring we do ask that they are stored in a personal locker.

### **Dress Code:**

It is recommended that you dress comfortably as you will be participating in a variety of groups throughout the day.

### **Clothing Not Allowed:**

- Low cut pants or tops
- Undergarments showing
- Headwear, bandannas, or any clothing or jewelry which signifies gang involvement
- Clothing that signifies substance use
- Clothing that signifies violent/illegal behavior, or includes themes of death or depression

### **Meals:**

A morning snack, along with lunch is provided by MVH for Partial Hospitalization patients. Should you have special allergies or diet, please let us know so that we can make proper accommodations. You may bring your own snack, lunch, and/or money for the vending machines.

### **Attendance:**

Daily attendance is an expectation of the group and your treatment team. Structure and stability is an integral part of a successful recovery program. Attendance is essential in order to receive maximum benefit from the program. MVH is required to ensure your safety and welfare at all times. Please call us at (575) 382 6658 if you will be late or will miss group. Please talk to your therapist in advance if you have a foreseeable excused absence. Excused absences include illness, death in your family, and necessary appointments that cannot be scheduled outside of program hours. You are urged to make your sobriety your priority by scheduling appointments after program hours. If you do not call us to inform us of your absence, your therapist will call you to inquire about your whereabouts once you are 15 minutes late to the first group. If we are still unable to reach

you, we will contact your emergency contact, and then we will call the local law enforcement to assist with a health and welfare check.

**In the event that you fail to attend for three consecutive days without an excused absence or you demonstrate on-going intermittent non-compliance with attendance, as determined by the treatment team, discharge from the program will be discussed.**

## **P**rogramming Descriptions

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The following is a brief description of some of the programming offered as part of the overall multidisciplinary treatment plan. Treatment is provided by professionally trained staff including: attending psychiatrists, nursing staff, therapists/social workers, substance abuse specialists, recreational therapists, and educators. Each professional may interact with you and help provide input to ensure the best overall treatment plan.

**Adult Substance Abuse/Chemical Dependency Program:** For people who want to overcome the problems alcohol or other drugs are causing in their lives, we offer evidence-based models to identify, develop and practice lifestyle changes necessary for improving functioning and staying free of drugs and alcohol. We believe that dedication to a strong program will provide protection from relapse. Our program provides trauma-informed, evidence-based treatment options such as Matrix Model substance abuse groups, Seeking Safety groups, EMDR therapy, Cognitive-Behavioral Therapy, and Motivational Interviewing.

### **Individual Therapy:**

Individual therapy will be offered to you weekly by your assigned program therapist. The program therapist will meet with you one-to-one in working to establish a therapeutic alliance with you and encourage problem solving in a compassionate and supportive environment. In individual therapy, the therapist will complete a thorough psychosocial assessment, help identify strengths and needs, and help you identify and work towards achieving your treatment goals.

### **Family Therapy:**

Family therapy will be offered by the assigned program therapist a minimum of one time during admission. The program therapist will work with you and your family from a family systems perspective to improve positive family communication, positive family coping and to achieve identified treatment goals.

**Individualized Treatment Plan:**

Individualized Treatment Plans are developed within three program days of admission with your treatment team. The treatment plans outline specific goals and interventions designed to help you reach your treatment goals.

**Process Therapy Groups:**

This is a discussion group lead by a program therapist that is designed to assist you in recognizing and changing the problems that led to treatment. These are problems which, if unaddressed, will continue to cause distress for you and put you at risk of relapse. This group encourages you to see that choices made on a day to day basis strongly influence your life.

**Psycho-Education and Skills Groups:**

These groups are designed to provide you with the tools to be more effective in dealing with problematic behaviors and cope with negative emotions. These are structured groups which offer concrete and realistic options to use when dealing with day to day interactions with others and with your own emotions. Examples may include learning how to manage anger, reduce stress, and improve positive communication. Role playing is often used to practice newly acquired skills.

**Adjunctive Activity Groups:**

An important part of recovery includes rediscovering healthy alternative activities. Our art and music instruction groups utilize alternate ways of not only expressing yourself, but of utilizing the arts to address substance abuse and mental health issues. Additionally, we offer Tai Chi weekly as we strongly encourage relaxation as part of your recovery program.

**Nursing Groups:**

Our nursing groups are facilitated by a Registered Nurse twice weekly. The nursing groups offer information related to obtaining a healthy recovery.

**Nutritionist Group:**

During this group a Registered Dietician will provide you with information to assist you in making healthy choices for yourself.

## Medication

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Medication is often a part of mental health treatment provided to you in the Outpatient program. You will be seen by psychiatrist for medication management once a week throughout your participation in this program. If you need to speak with the psychiatrist sooner than scheduled please let our staff know.

If the psychiatrist prescribes medication, it is your responsibility to get your prescription filled at the pharmacy of your choice. If you have any problems please let one of our staff members know so they can arrange assistance for you.

## Program Expectations

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The twelve steps are an important part of our program. Alcoholic Anonymous is a program that works and is at no cost to you. The only requirement to join a group is that you have a desire to discontinue your substance use. You will be asked to attend a minimum of four Alcoholics Anonymous or Narcotics Anonymous meetings per week. You are not required to attend the 8:00 am meetings offered onsite so long as you are attending another meeting(s).

During your membership in the program you will be asked to work with a sponsor. You will work with your therapist, group, and sponsor to complete Steps One to Five along with a Relapse Prevention Plan. If you began Steps during an inpatient treatment program we will work with you to continue where you left off. More individuals have recovered from the principles of the steps than using any other treatment (Perkinson, 2008). Part of your involvement in the meetings and this group is intended to help you to learn to engage in healthy socialization with other individuals in recovery. You will also be encouraged to begin contacting and interacting with other sober individuals.

## Rules for Daily Programming

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Everyone deserves respect. Examples of disrespectful and unacceptable behaviors include:

- Verbal aggression such as swearing, name calling, threats, insults, bullying, or racial slurs; sexually inappropriate language, or physical contact between patients is not permitted
- Violence of any sort is not tolerated. We have a **zero tolerance policy** for aggression or contraband in the department. This includes physical aggression, posturing, throwing objects, intimidation like pushing, hitting or making threatening gestures; or destruction of property.

Maintain personal boundaries:

- Refrain from inappropriate touching including: hugging, kissing or any sexual behavior while in the outpatient program.
- Stay out of one another's "personal space."

Respect the property of others:

- Refrain from borrowing, lending, trading or stealing other's property.

Be actively involved in your treatment.

- Attend all groups, follow group rules, and participate to the best of your ability.
- Complete assignments as requested.

Maintain a healthy attitude without discussion (outside of therapy groups) or glamorization of negative behaviors including discussion of drug use, violent behavior, gang involvement or use of gang signs.

## Hours of Programming

**Partial Hospitalization Program (PHP):** Monday—Friday 9:00 AM- 3:00 PM

Individual sessions will be scheduled one time a week during program hours. To holistically treat the addiction we highly encourage the involvement of family in your therapy. We will work with you to schedule a session with your family while participating in the program. Additionally, we recognize the benefit of support in recovery and require that you attend a minimum of four AA and/or NA meetings per week while attending the program. We encourage you to take advantage of attending the Sunshine meeting that takes place on-site. Please find the attached schedule on page 10.

## Transportation

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Mesilla Valley Hospital may provide transportation to and from programming daily as a courtesy to you while you are part of the program. We have guidelines for each patient to follow. Safety is a primary concern when transporting patients; should you refuse to follow these guidelines, we will ask that you provide your own transportation to treatment.

We strive for consistency and aim for you to have the same driver daily. All driver's will call the phone number's provided on transportation form about 20-30 min before arriving at your home. Please be prepared to leave upon their arrival as they may have other individual's to transport. Transportation is provided to and from the program. Drivers are not allowed to transport you anywhere else so please do not ask them. For special circumstances we will approve transportation to pick up your prescription medication. You will need to find your own transportation to scheduled appointments, meetings, etc.

## Transportation Rules:

- Every patient that is transported by MVH must be in a seatbelt from the time they are picked up to the time they arrive at the final destination.
- As a courtesy to the driver and other patient's utilizing the transportation service, please call in advance if you know you will be absent. It is not acceptable to ask the driver to report your absence to your therapist. **You must call the program staff to ensure your absence is reported to program staff.**
- Zero tolerance policy for aggression or foul language on vans or in treatment.
- Zero tolerance policy for graffiti or marking on vans.
- Do not ask the driver to transport you to any other destination.
- If you must leave the program early or arrive late, you will need to find your own transportation.

## Confidentiality

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Confidentiality of patient information is very important. Mesilla Valley Hospital makes a sincere effort to guard the confidentiality of patient information. We follow all applicable laws and regulations regarding patient confidentiality. You and your family are asked to never talk about other patients (i.e. who they are, what their problems are, etc.). The only exception to talking about another patient is to inform a staff member in case of emergency.

## Discharge Planning

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You will receive a written discharge plan upon discharge with an appointment for medication management if you have been prescribed medication by the psychiatrist. You will also be provided with referrals to an individual therapist and other needed services in the community. Our therapist will contact you prior to discharge to discuss these appointments with you. If you already have a psychiatrist in the community, we suggest that you make an appointment for them while you are in our program to ensure there is no gap in services. We will assist you in making appointments if you do not have providers. **Upon your successful discharge from the program you will receive a certificate of completion, along with a coin during your coining ceremony.**

**Thank you for choosing Mesilla Valley Hospital to guide you through this journey through your recovery. We look forward to taking these steps with you.**



# MESILLA VALLEY HOSPITAL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	AA Meeting				
9:00-9:30	Transition from AA/Check-in				
9:30-10:30	Music Group	Adjunctive	Music Group	Art Instruction	Music Group
10:30-11:30	Masters Therapy Group				
11:30-12:30	Substance Abuse Recovery Group (Matrix)				
12:30-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Art Instruction	Nursing Group	Nutritionist	Nursing Group	Art Instruction Psychiatrist Appointments
2:00-3:00	Masters Therapy Group/Daily Check-out				

\*\*Please note that the schedule is subject to change based on the needs of the group.

## **I**mportant Numbers

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Hospital Main Phone Number: \_\_\_\_\_(575) 382 3500

Director of Clinical Services: Adrianne Aguilera\_\_\_\_\_ (575) 382-6677

Program Manager: Annette Mirabal\_\_\_\_\_ (575) 382-6673

Outpatient Office Coordinator: Erica Zavala\_\_\_\_\_ (575) 382-6658

Admission and Referral: \_\_\_\_\_(575) 382-3500

Therapists: \_\_\_\_\_(575) 382-6675

# Receipt of Handbook

***I have read, understand and accept the responsibility to do my best in recovery. I sign off as a contract and a commitment to treatment.***

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Consumer Date

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Therapist Date

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Program Manager Date

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Other Date