

# Policy Acknowledgement

## Medication Policy

All residents of Pathways To A Better Life, LLC are required to inform staff, upon admission of all prescribed and non-prescribed medications they are currently taking. Failure to do so may result in termination from the program.

**My signature below indicates I agree to the following policies and procedures regarding medication at Pathways To A Better Life, LLC.**

1. All medications taken by a resident of Pathways To A Better Life, LLC will have an accompanying Medication order signed by the prescribing physician.
2. Residents will store all medications securely in the locked boxes provided by Pathways To A Better Life, LLC.
3. The label of each individual medication shall clearly indicate the resident's name, Physician's name, prescription number, name and dosage of medication, direction for use, date of issue, expiration date, and name, address, and phone number of the pharmacy issuing the medication.
4. Resident will show staff the medication bottle and dose being taken, and staff will record each dose on the Medication Administration Record (MAR) form provided Pathways To A Better Life, LLC. The chart will then be reviewed by their primary Counselor at the Counselor's request.
5. Medications left behind by a discharged resident shall be kept for thirty (30) days from the date of discharge. Any medication remaining at Pathways To A Better Life, LLC beyond the time will be destroyed.

The use of any mood altering, or addictive drugs is prohibited\* by Pathways To A Better Life, LLC and may result in termination from the program. It is the resident's responsibility to inform all physicians and behavior health providers that they are attending the program at Pathways To A Better Life, LLC and are prohibited from such substances. Such substances include, but are not limited to the following:

### **Prohibited Prescribed Medications:**

Benzodiazepines\* (ex: alprazolam, clonazepam, lorazepam, Librium, Xanax)  
Barbiturates (ex: phenobarbital, fioricet)  
Methadone or Suboxone  
Opioid painkillers (ex: Tramadol, Percocet, Oxycodone, codeine, morphine, Vicodin, fentanyl, buprenorphine)  
Muscle relaxers (ex: Soma, cyclobenzaprine)  
Amphetamines (ex: Adderall, Ritalin, Vyvanse)                      Note: Strattera is allowed.  
Sleep Medications (ex: Ambien, Zolpidem, Lunesta)              Note: Trazadone is allowed.  
Antihistamines (ex: Vistaril)  
Cough Medicine (ex: dextromethorphan)  
Other medications: Seroquel Gabapentin

\*unless a 7 day or less taper is approved, and the taper order is faxed to Pathways in advance of admission

### **Prohibited OTC medicines & Dietary Supplements**

Pseudoephedrine (ex: Sudafed)  
Antihistamines (ex: Claritin D)                      Note: Benadryl, Hydroxyzine, Zyrtec and Claritin are allowed.  
Body building substances (ex: creatine, protein powders)  
Mouth Wash (except alcohol free)  
Other cough & Cold products (must be reviewed)  
Laxatives (must be reviewed)

**This is not meant to be a comprehensive list. A staff member must be consulted if there are any questions.**

Any exception to this prohibition must be discussed with the Medical Director and Administrator.

## Medication Waiver

I understand that if I did not provide Pathways To A Better Life, LLC with a signed medication list from my primary care provider (PCP) upon admittance to the facility and that by law, I will not be able to take my medication as prescribed. I exempt Pathways To A Better Life, LLC from any/all responsibility of potential consequence that may come to me, including, but not limited to, death, as a result of not taking my medication until a signed order is provided by my doctor.

In the event of an emergency, Pathways To A Better Life, LLC will allow the use of a rescue inhaler or epi-pen, if prescribed.

## Transportation Policy

You are required to find your own transportation to appointments. If you are unable to arrange transportation for your appointment, you may need to reschedule the appointment.

Alternative options for transportation may be:

- Family
- County Services
- Taxi Services
- MTM

If you would like to schedule transportation through MTM, you can get the contact info from any PSS. Transportation with MTM must be scheduled 48 hours before your scheduled appointment.

Pathways is only to be used as a last resort.

## Dress Code Policy

When entering our facility, please keep in mind that Pathways To A Better Life, LLC has a strict dress code.

### **Clothing and attire that is not acceptable:**

- Tank tops
- Shorts / skirts that are above the mid-thigh length (must be 1" below fingertips when arms are placed at your side)
- Blouses / shirts with spaghetti straps
- Blouses / shirts that are low cut in front, showing cleavage or baring midriff
- Clothing with alcohol, drug, racial, violent, or sexually related advertising
- Lack of or inappropriate underclothing
- Pants with a low waist, baring midriff, backside or worn low on hips exposing underclothing or skin
- Lycra tights, leggings, or form-fitting shorts
- Lack of footwear; Shoes are required at all times per State Regulations

If you are visiting in our facility and your clothing does not meet these standards, you may be asked to leave the facility. It makes it easier for patients to adhere to these rules if family members and visitors are also willing to adhere to them.

## Regulations for the Lake

1. If you want to fish, you have to have a license. If you need a license, talk to PSS or counselor to make arrangements. If you are only riding on the boat, you do not need a license.
2. If you are going out on the boat, you must have permission from your PSS.
3. There must be one life preserver per person on the boats. They do not have to be worn, but they do have to be in the boat.
4. When you are done, return the life preservers to a PSS.
5. No smoking on the boats.
6. No food or drinks on the boat.
7. No sex on the boat.
8. No peeing off the boat.
9. No roughhousing on the boat.
10. No going on the lake alone.
11. Paddle boat must be only guys or only girls.
12. Canoe or row boat can have 3 people max. All guys, all girls, 2 girls and a guy, 2 guys and a girl.
13. In order to go on the boats, you must have your 10 days in. Or, if you do not have your 10 days in you must be accompanied by at least one other person who has more than 10 days in residence.
14. If you catch fish you can either release them or keep them, but you will be responsible for cleaning both the fish and the area wherever you clean the fish.
15. Don't leave your bait sitting on the dock, the table, the porch or in the sun.
16. If you use Pathway's equipment, you are responsible for taking care of it and putting it away when you are finished.
17. Pull the boat up on shore and tip to the side when finished using.
18. Swimsuits can be worn while swimming and sitting on the dock. Once on land, females should be covered up with a towel and males should be wearing a shirt.

**If residents are found breaking the above rules, a written warning will be issued, and privileges may be revoked.**

## Follow-Up Contact Consent

Pathways staff would like to follow up with you after your discharge from treatment to inquire about how your recovery is going. They would also like to help you problem-solve any issues you may have and answer any questions.

The Pathways To A Better Life, LLC staff would like to contact you at approximately one month, six months, and 12 months after your discharge, and annually, to inquire about your progress. Monthly alumni family groups and various recovery events are open for you to attend. You can withdraw your permission at any time.

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I acknowledge that I have read and understand the policies at Pathways To A Better Life, LLC. I agree to follow the policies and will inform staff if I observe any policies not being followed, or if I have any questions.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

I understand that Pathways To A Better Life, LLC uses video surveillance in