

Excerpts from our Patient Handbook

Home Medication Privileges:

Take-home medication is a privilege that has been earned because the patient has demonstrated during the time enrolled in the program, a record of consistently showing up at assigned medication administration time, negative drug tests, positive progress as recommended by the counselor, and responsibility with take-home medications. **Patients must have a lock box in order to take any medication out of the center.**

New patients may be eligible for take-home dose(s) after ninety days of continuous enrollment, **IF** they have been drug-free for a minimum of thirty days, **and** have a proven record of responsibility for the handling of take-home doses.

All empty bottles that contained take home medication must be returned to the center with the proper label for your next pick-up date. Sunday take-home bottles must be returned on Monday or on your next day in the center. **Again, you must have a lock box in order to take any medication out of the center.**

Encouragement and Your Safety Network

On occasion a relapse may occur after being drug-free for a period of time. This can be a temporary slip; however, if left unattended, the relapse could cause the loss of all a patient has achieved. While you are a patient at Southeast Georgia Treatment Center, we hope you will take advantage of your time with us and learn skills and strategies to prevent a temporary return to drug use from stealing all the progress you have made. At times, circumstances have a way of getting out of control, robbing you of the drug-free goals you have set for yourself. A serious relapse could cost the loss of your family, your job, and your health.

Each person has specific things that may lead to a relapse. The most important thing is to identify these reasons and establish a plan for what you will do when it happens. If you can identify the scenarios where you will be more susceptible, it is possible to come up with a coping mechanism for how to handle that situation. **DON'T PUT YOURSELF IN A POSITION WHERE IT IS IMPOSSIBLE TO RESIST SLIDING BACK INTO YOUR OLD HABITS.**

Remember the old adage, "It's better to have something and not need it, than to need it and not have it." Have a strategy ready for when you will be tempted. If you never need the strategy, great! Just be ready!

If you are deeply concerned about relapsing, please speak with your counselor about it. The best strategy is to have a support network in place, regardless of the circumstances you are in. **YOU DON'T HAVE TO DO THIS BY YOURSELF.**

Your network of family and friends can be the most important part of your recovery. They have seen your transition and have probably suffered with you and your condition at its worst. They will rally to help you overcome the prison you find yourself in. Relationships with your family and friends at this critical time can help you as no amount of medication can. The behavior and interaction you have with your family re-establishes relationships and/or builds new ones. It can be a critical time for your children as well; your behavior towards them influences their character traits, the development of what kind of outlook they will have on life, and their future success.
