

PARENT GUIDELINES

STRAIGHT, INC.

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(This material is referenced in the Agreement for Family Treatment.)

DESCRIPTION OF STRAIGHT, INC. PROGRAM AND PHASES

Parents, Legal Guardians or Sponsors (PROGRAM Participants) and Clients understand that the Straight, Inc. program has a therapeutic design that includes: therapeutic sessions managed by professionals and assisted by peer counselors, the steps and signs of Alcoholics Anonymous, rational-emotive and reality therapy, and group interactional process.

It is also understood that the family part of the program involves all members of the family emphasizing participation for both parents and siblings, and offering a variety of services, including discussion groups, individual counseling, and family counseling. The program is staffed by adult professionals, medical and psychiatric personnel, as well as peer counselors.

FIRST PHASE - Diagnosis and Assessment

First Phase is the period immediately after the young person enters the program. During the first weeks following the admission, a thorough diagnosis and assessment is completed and a staff recommendation is developed in connection with the client's appropriateness for the Straight program. If the client continues in treatment after the assessment, the client will work on self-perception and "process" (thoughts and feelings), living with a more advanced person in the program who is an "oldcomer" client.

The client will be living away from home with a temporary host family. This is for a minimum of 14 days. During this time:

1. The client spends time working on self-awareness addressing his/her chemical dependency. Decisions about individual client mail and telephone privileges, radio and TV watching are made by the Team Leader as a part of the treatment plan.
2. The transporter (host family) should take a direct route from Straight to the home, stopping only for emergencies.
3. The client attends Straight during the following hours:
(variations may occur due to local circumstances)

Monday - 9:00 a.m. until the close of Review, usually 9:00 p.m.

Tuesday & Thursday - 9:00 a.m. to 8:00 p.m.

Wednesday - 9:00 a.m. to 7:00 p.m.

Friday - 9:00 a.m. until the close of the Open Meeting & Review, usually 11 p.m.

Saturday - 10:00 a.m. to 10:00 p.m.

Sunday - 2:00 p.m. to 9:00 p.m.

4. The transporter (host family) will have the client at Straight promptly at the designated times and pick him/her up at closing.

5. The clients writes a daily Moral Inventory.
6. The client will not need any money during this phase.
7. While the client is on this phase, he is working on specific recovery issues; therefore, parents are asked not to be in contact with the temporary host home.
8. It is recommended that both parents be in the home each night when the client is on first and second phases, in order to facilitate the development of effective communications patterns.

SECOND PHASE - Family Relationship is Re-Established

Second Phase is the time to return home. Now the client lives at home instead of the host home, and re-establishing the family relationship becomes a priority. The client is in the building daily.

The client will be living at home, attending Straight during the same hours as during the first phase of treatment.

To aid the process of rebuilding the family relationship, the following guidelines apply:

1. Out-of-town clients are encouraged to call their parents regularly using the established therapeutic procedures.
2. Individual Treatment Plans address the issues of selection of radio, TV, and reading materials.
3. Parents are encouraged to monitor visitors to the home.
4. Parents transport the client to and from Straight promptly at the designated time, stopping only for emergencies.
5. Clients may have a newcomer client some time after adjusting to home and family.
6. Moral inventories are written daily.

7. DIME THERAPY:

Clients will have three or more phone numbers of other young people on Phases 4 or 5, and a peer counselor to talk with in the evening. The parent dials the number, confirms that the requested person is on the other phone, and remains in the room during the conversation.

THIRD PHASE - Emphasis on School/Work Achievement

Third Phase has as the central task, working on achievement through school or job while continuing to work on self and family. This phase also represents the first time a client faces peer pressure again. He or she

has to face old friends at school and say "No" to drugs. The young person goes to school or work on weekdays, then into the program in the afternoons and evenings. The client is generally in the building on weekend days.

The client returns to school or work, and comes directly to Straight from school or work and the following guidelines for this phase of treatment are recommended:

1. Individual decisions about radio, TV, and reading are part of a client's treatment plan. Dime therapy calls to other clients should be encouraged.
2. Parents are encouraged to monitor visitors to the home.
3. Parents transport clients to and from Straight at the designated times.
4. Doctor and dental checkups are encouraged at this time in treatment. The client takes the initiative to arrange these using the permission procedure.
5. Moral inventories are written daily.
6. Clients may have bank accounts on this phase. It is advised that two (2) signatures be required to withdraw money from the account.

FOURTH PHASE - Emphasis on Constructive Use of Leisure Time & Friendships

Fourth Phase is the time when the client begins staged withdrawal from active involvement in the program. He or she comes to the building after school three weekdays (one which is an open meeting night) and one of two weekend days, and is working on constructive use of leisure time and on creative friendships. The client is encouraged, on a permission basis, to go places for recreational activities with family and/or friends in the program.

1. Phone calls may be made at this time, without direct parental supervision.
2. Parents or clients transport host clients to and from Straight at the designated times.
3. Clients who drive may do so, with permission.
4. It is suggested that clients request permission 72 hours in advance to go on shopping trips, to the beach, etc. Parents should sign the permission prior to submitting it.
5. Moral inventories are written on a daily basis.

For further information, see Client Guidelines.

FIFTH PHASE - Emphasis on External Support Groups and Preparation for Aftercare

On the fifth phase, clients are in the building three days a week. Clients in this phase are continuing the work on leisure time and friendships, achievement, family relationships and self. Following completion of this phase, the client graduates into the Aftercare program.

1. Permission is not necessary for clients' outside activities accompanied by a parent. If a client in Fifth Phase wants to go somewhere alone, with other clients in the program, or with the parents of other clients in the program, permission is still encouraged.
2. Moral inventories are written on a daily basis.
3. After completion of the active treatment program, Aftercare Meetings are conducted for clients and their families.

GUIDELINES FOR NEW PARENTS

A. ANONYMITY AND CONFIDENTIALITY

Anonymity is an important component of the program. No cameras, tape recorders, or writing are permitted during Open Meeting without prior permission and proper releases.

B. MEETINGS

Parents attend seven consecutive new parent educational sessions, beginning the first Monday after the client is admitted into the program, and continuing consecutively on the following Friday, Monday, Friday, Monday, Friday and Monday. These sessions are informational and educational. The disease of chemical dependency, family roles, and the skills the client is learning in the program are taught. Parents arrive at the building on Monday and Friday nights at 6:00 p.m. Parents are requested to check in at the attendance table on arrival. In the event of absence or tardiness, a therapeutic staff member must be contacted.

Parents who live within one hour of the Straight building are expected to attend all Monday and Friday meetings upon conclusion of the seven New Parent Raps. Sometime during the second, or perhaps the third phase of the Program, the client will bring home a newcomer, nightly. The identifying term for these families is "Local."

Parents who live within one hour and thirty minutes of the Straight building are expected to attend all Monday and Friday meetings upon conclusion of the seven New Parent Raps. The identifying term for these families is "Weekend" because their child, upon reaching a higher phase, will go home with them on Friday evening after the Open Meeting and Review. They will return to the building Saturday morning by 9:45 a.m., go home Saturday evening at 10:00 p.m. and return to the building on Sunday at 2:00 p.m. At the appropriate time, they will bring home a newcomer.

Parents who live within an hour and 35 minutes to one hour and 55 minutes from the Straight building are expected to attend the first seven New Parent Raps and then attend two Monday and two Friday sessions per month thereafter. The identifying term for these parents is "Semi-Out-of-Town."

Parents who live over two hours away from the building are considered "Out-of-Town" families. After completion of the seven New Parent Raps, they are expected to attend one Monday and one Friday session each month.

"Semi-Out-of-Town" and "Out-of-Town" families are urged to spend weekends in the area when they are here for their mandatory therapy (rap) sessions. They may stay in a motel or make arrangements to stay with a local Straight family. This is their only opportunity to re-establish the family relationship.

If a parent believes that remaining in Springfield for the seventh rap would create a hardship, parents may complete that rap on the next Monday they will be in town, even if it is one month later. Attendance will be taken and a parent will be reminded of that rap if he or she fails to attend. It is informative and beneficial and will influence your ability to communicate your experience with others.

All siblings and other family members in the household are interviewed by appointment, by staff, after the client has been in treatment fourteen days. Please call your Team Leader for an appointment.

Every Monday and Friday night there are Sibling Sessions for children under eighteen years old. These sessions are educational, as well as process-oriented.

Our clients sit respectfully at Open Meetings and pay close attention to everything said; therefore, guests and parents are asked to pay attention and refrain from talking. Clients do not chew gum or candy during Open Meeting and appreciate the fact that our parents and guests do not.

Clients dress in a respectable manner and we ask that family members not wear thongs, white T-shirts, T-shirts with pictures or writing, muscle shirts, overalls, shorts, low cut or see-through dresses or blouses or sundresses.

Parents are asked to park in the parking lot behind the building and leave promptly after Open Meetings and parent educational sessions. Parents wishing to bring a guest to Open Meeting should call the admission office prior to the meeting.

C. MICROPHONE TALKS

During the client's first phase and at other times during his/her treatment, parents will be addressing their children over a microphone

during the Open Meeting held on Friday evenings. Please use the format, "I feel ____ about ____ because ____," utilizing the list of feeling words which you will receive in your first New Parent Rap. Parents are asked not to refer to friends, pets, articles the client has requested, news, gossip, or progress reports. For any sad or shocking personal news like a death, divorce or serious illness, please relate this news to staff to communicate to clients. Call for staff permission to address clients other than your own child over the microphone.

D. PROGRESS REPORTS

Staff will provide a progress report from fourteen to thirty days into the client's treatment. Progress reports will be placed in your mailbox at the lobby front door. Please call a member of the Therapeutic Staff to discuss any other information related to your child's progress.

E. LEGAL ISSUES

If the client is involved in any legal issue, please notify a member of the Therapeutic Staff in order to coordinate needed follow-up.

F. TRAVEL

Travel permissions for parents are available at the front desk. While your child is in the program, you will want the staff to know how to reach you at all times regarding your child; therefore, all travel needs to have prior approval of the staff. One day business travel (leaving home in a.m. and arriving back home same day in p.m.) does not require a permission.

In order for families of fifth phase to enjoy recreational time together, a fifth phase vacation is encouraged. The staff should be informed of travel plans for approval and coordination.

IMPORTANT: Out-of-Town parents should complete the form available at the receptionist's desk to indicate where they will be staying while in Springfield. Give it to the receptionist for delivery to the proper office.

G. MEDICAL INFORMATION

Complete medical information must be obtained at the time of admission. Parents are to provide immunization records, medical information, releases and medications at this time. All medications should be approved by medical staff. Upon entering treatment, the client receives a complete physical examination.

H. SCHOOL

Parents are advised to contact the school in which the client is currently enrolled, advising them of the child's temporary withdrawal from school. A medical release is provided to be given to your child's school. Please advise that your child will be returning in the near future, usually 2-3 months.

I. WANT BOX

On each Open Meeting night, an upper phaser will be in the lobby with a file box containing requests for items needed by first phase clients. Please check to see if your child has requested an item. Label all items brought into the building.

J. FAMILY MEMBERS ATTENDANCE AT OPEN MEETINGS & VISITS IN HOMES

FIRST & SECOND PHASE: Only immediate family: mother, father, step-parents, and siblings need to attend Open Meeting. Sibling should attend Open Meeting after the client has completed his/her introductions. If a second child in the family subsequently enters treatment, other siblings may continue to attend Open Meeting. All parents and step-parents, whether or not they live with the client, who are to be involved in treatment, attend the seven parent sessions, in succession, and have the same Open Meeting guidelines as any other parent. It is suggested that a parent or step-parent who enters the program after admission should go through an admissions procedure to be clear on the guidelines of the program.

It is advised that any adult who lives in the client's host home should attend the seven parent educational sessions before involvement with the client.

THIRD PHASE: Visits in the home and Open Meetings are permitted for grandparents, with permission of therapeutic staff.

FOURTH PHASE: Permission can be granted by therapeutic staff for attendance at Open Meeting and visits in the home by other relatives and close friends of the family. Grandparents, relatives or other close adult friends of the family may visit the home with staff permission. Open Meetings may be attended by staff permission.

FIFTH PHASE: Anyone can visit in the home when parents are present. Attendance at Open Meetings is by permission of staff.

In the evening hours and Sunday mornings when newcomer clients are present in the home, visits by anyone should be cleared through therapeutic staff.

K. COMMUNICATION PROCESS

The process of communication used at Straight is as follows:

Oldcomer Parent
Therapeutic Staff (Program Counselor)
Team Leader
Asst. Administrator for Clinical Services
Program Administrator

In matters involving client withdrawal:

Client
Senior Staff
Therapeutic Staff (Program Counselor)
Team Leader
Asst. Administrator for Clinical Services
Program Administrator

In matters involving medical care:

Client
Medical Staff
Therapeutic Staff (Program Counselor)
Team Leader
Asst. Administrator for Clinical Services
Program Administrator

CLIENT HOUSING

STRAIGHT, INC. is a family treatment program for drug using young people and their families. We know that, as in most forms of therapy, success is related directly to the amount of family involvement. STRAIGHT, INC.'s high rate of success is due, in large part, to the extensive involvement of the entire family in the treatment process. The program is designed to be primarily a program for local families who attend weekly therapy sessions and whose child lives in the home following completion of the first phase of the program. Local families benefit greatly from the daily involvement in the program. Each family member has the opportunity to use the tools and principles learned at STRAIGHT, INC., in their interactions on a daily basis. Thus, each family member internalizes the principles learned at STRAIGHT, INC., and the family relationship improves. Recovery is consistent and lasting.

Out-of-town families do not have the benefit of daily interaction with the program or their child and thus are working at somewhat of a disadvantage. We share a common goal. We want each child, whether local or out-of-town, to have treatment take no longer than necessary, and for recovery to be full and lasting. In order to achieve these goals, out-of-town families must pursue every available option that will increase their involvement in their child's recovery.

Each family is responsible for providing housing for their own child beyond First Phase. Several options are available for out-of-town families:

1. The family or family members may move to the geographic area of the program.
2. The family may establish a second residence with one of the parents moving temporarily to the local program area and residing in that secondary residence.
3. Out-of-town families may join with other out-of-town families having children of the same sex in the local program to establish a local residence (home or apartment).
4. The family may make arrangements with relatives or friends in the local geographic area to serve as a surrogate host home for their child during their participation in the program. The surrogate parents, however, must agree to participate in the program as though they were the natural parents of the child.
5. The out-of-town family may make arrangements with a local family active in the STRAIGHT, INC. program to serve as surrogate home for for their child.

While the responsibility for housing beyond First Phase rests with the family, STRAIGHT, INC. will provide some assistance. STRAIGHT, INC. reserves the right to intervene in any living arrangement which is deemed unbeneficial from a treatment perspective.

GENERAL INFORMATION FOR OUT-OF-TOWN PARENTS

PARENTS STAYING OVERNIGHT LOCALLY

Please leave the place and number with the Straight Receptionist of where you can be reached immediately while staying locally.

TELEPHONE CALLS

If you call straight and a staff member needs to return your call, it will be returned COLLECT.

HOST HOME COMPENSATION

At the time your child attains Phase III and obtains a permanent Host Home, it is your responsibility to compensate the host home family for the care and transportation of your child. The amount decided upon by the parent group is \$7.00 per day.

VIRGINIA BEACH AREA FAMILIES

Living within 60 mile radius

Phase I, II and III Parents:

Wednesday
*Attend every ~~Thursday~~ night meeting in Hampton Roads.

Phase IV and V Parents

Attend three Hampton Roads meetings per month and 4th or 5th Phase Rap in Greater Washington.

Over 60 miles

All Phases:

Wednesday
*Attend one ~~Thursday~~ meeting per month in Hampton Roads.

In two-parent families both husband and wife need to attend meetings together.

Any absences need to be excused in advance by the Associate Administrator, Andy Reading, or the Assistant Administrator, Michael McCafferty, Hampton Roads.

Any pertinent information regarding absences will be relayed to the Assistant Administrator/Clinical Services, Greater Washington Program, by Andy Reading.

* Thursday meetings are encouraged, but not mandatory while going to New Parent Raps.