

# Marion, IL. VAMC Residential Rehabilitation Treatment Program

## Frequently Asked Questions

### **Can I just show up and be admitted?**

*No, all admissions are planned. Veterans should follow the application process.*

### **Is there a minimum or maximum time of stay?**

*No, the length of stay in the RRTP will vary for each Veteran, based on their treatment plan, self-made goals, and their ability to transition back into their community. We anticipate Veterans' stay will be 90 - 120 days, but every Veteran is unique.*

### **What can I expect when I first arrive?**

*Upon arrival you will be WELCOMED! You will have an orientation to the program and facility, a physical exam, a drug test and your personal items will be searched. You will meet the staff and settle into your room.*

### **What if I decide to leave after a few days?**

*The recovery process is not the same for everyone. We encourage you to give the process a respectful amount of time. You are free to leave the program at anytime. If you feel hesitant we are here to answer any questions to help ensure you are ready to commit 90 - 120 days of the treatment program.*

### **Can family or friends come visit me?**

*Yes, family and friends are strongly encouraged to visit to help with your recovery. Visits are pre-arranged; there are formal visiting times however you may be able to arrange other times as needed. We do ask that you work with your Recovery Team so we know who is visiting and why it's important to you that they visit.*

### **Can I have overnight guests?**

*No, however guests are welcome to visit during appropriate times. Guests are not allowed in the Veteran's private rooms.*

### **Is there a dress code?**

*Yes, you must wear appropriate attire at all times. You are expected to be dressed in street clothes for all scheduled activities and meetings. Pajamas or slippers are not to be worn off the facility. Shoes/slippers are to be worn at all times for infection control reasons. No apparel that does not promote recovery should be worn. (Beer/drug advertisements, negative logos or other suggestive comments). Clothing should be modest in design.*

### **Can I go home for the weekends?**

*The RRTP is based on a five level tier system. The first 14 days Veterans are on "Observation Level" – for you to get to know us and we you. After that you may progress from a four hour pass to a weekend pass as you progress. Your progress in programming helps determines your tier level.*

### **Does the RRTP provide childcare?**

*No, the RRTP does not provide childcare. Children are welcome to visit during appropriate times. The RRTP does not allow children or other non-participants to live or stay in the facility.*

### **What should I bring?**

*Clothing for 7 days including appropriate sleepwear, personal hygiene products, any medical equipment you might need, and medications.*

### **Do I need to bring money?**

*During your stay at the RRTP meals, laundry machines and transportation for programming will be provided. You may want to bring a small amount of money for personal items and travel home. If you have the resources you are responsible for your own hygiene supplies and liquid HE laundry detergent. If cannot pay for these things, they will be provided for you.*

### **Can I bring my laptop/cell phone?**

*Yes, we provide free wired and wireless internet that is heavily monitored for everyone's safety and to help keep the environment therapeutic. Your bedroom will have a telephone with personal voice mail but calls are limited to local unless you have a calling card. Your cell phone is limited to private areas and not able to be used while you are in programming. No cameras or video recording devices can be used at the facility. The VA is not liable for any lost or damaged items.*

### **Can I bring my car?**

*Yes, you may bring your car; however, you and your recovery team will discuss appropriate use. In addition you must show a valid driver's license, current registration and proof of insurance.*

### **What if I don't have transportation?**

*You may qualify for transportation in order to come to Marion, Illinois for admission. While in the RRTP transportation during recreation passes must be arranged on your own. On a limited basis, transportation may be provided to the grocery store, Wal-Mart, etc.*

**Should I bring my medicine?**

*Yes, please bring all prescribed medication in their original container. Also bring any over the counter, herbals or vitamins you may be using.*

**Can I bring video games or equipment?**

*No, televisions hang from the ceiling which does not allow video game equipment to be properly secured.*

**Where can I store my personal belongings?**

*Every Veteran has a locked closet and/or personal storage under their beds. Limited additional space is available if needed.*

**Will my admission to the program be confidential?**

*Yes, confidentiality is your right while in the RRTP. You will be asked to fill out a contact form and a release of information to allow us to communicate with your current mental health care provider. Confidentiality is your choice in the RRTP.*

**Is there a waiting list?**

*Yes, you may be placed on a waiting list and given an approximate move in date.*

**If I am not admitted to the RRTP, can I reapply? If so, when?**

*Yes, you may reapply at any time.*

**If I fail my initial drug test, will I be disqualified from the program?**

*The RRTP understands that relapse is part of recovery. We will not accept anyone into the program that is under the influence and non-manageable.*

**Will I still see my current mental health provider?**

*No, while you are in the RRTP you will be designated a Recovery Coach and see the mental health providers on staff. Your current mental health provider may be kept informed on your progress with your permission.*

**What if I am on a special diet?**

*The RRTP has a Registered Dietician on staff to assist with special diets.*

**Is there a bedtime/curfew?**

*Yes, curfew and quiet time begins at 10:00pm.*

**What if I have a job?**

*If you have a job you may qualify for medical leave, or it may be possible to work around your job.*

**What if I have current legal issues?**

*The RRTP does not accept Veteran's that have been court mandated to treatment. Minor pending legal issues may be handled during your stay on a case by case basis. Please talk to us if you have any questions or concerns.*

**Do I have to cook?**

*Yes, Veterans' will rotate responsibilities during their stay. Cooking classes and staff supervision will be provided.*

**What if I want a private room?**

*Rooms are decided on Veteran's needs.*

**Do I have any free time?**

*Yes, you will have free time; this will vary due to your treatment schedule.*

**The RRTP houses a Assistive Therapy Dog. What if I am allergic to dogs?**

*Our trained Assistive Therapy Dog lives in the facility and can recognize symptoms of PTSD, anxiety, depression, etc.. If you have a severe fear of dogs and do not feel you can share the same space with a dog this facility may not be a good fit. Our dog is specially trained to know which Veteran wants him to be around - and which Veteran does not. Involvement with our dog is voluntary but he does live in the facility. If you have severe allergies to dogs we may be able to help with allergy medication.*

**Can I smoke?**

*Yes, only in designated areas which are at least 500 feet away from the facility and not covered; the RRTP facility is a smoke free environment. As part of a healthy lifestyle we are happy to help you quit smoking by providing medication, nicotine patches or gum.*

**Do you offer medical detoxification?**

*No, the RRTP does not offer medical detoxification, but many VA Hospitals do provide this. Please contact your local VA for information.*

**For more information please call 1-866-289-3300 ext. 59177**  
**Residential Rehabilitation Treatment Program**  
**2401 W. Main Street**  
**Marion, IL 62959**