

THE VALLEY HOSPITAL
RECOVERY & WELLNESS UNIT



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RECOVERY & WELLNESS

All members of the staff on The Valley Hospital Recovery & Wellness Unit are dedicated to assisting you to take steps to live a healthier, more fulfilling life. We are here to offer the comprehensive detoxification treatment experience that will provide you with the best opportunity to heal. Collaborating with you, our team will provide individualized, short-term medical and therapeutic treatment so you may look to the future.

Before we begin, we ask you to read the information provided here. Doing so will best prepare you for a successful stay with us, one that, although short, may lead you to a path towards long-term recovery and wellness.

WHAT IS WITHDRAWAL MANAGEMENT?

Withdrawal management, sometimes referred to as detoxification or detox, describes the process of safely and effectively helping individuals manage the physical and psychological symptoms that occur when they stop using or reduce their intake of a substance they have become dependent on. This substance could be drugs, alcohol, or even certain medications.



The goal of withdrawal management is to help individuals navigate through the acute withdrawal phase as comfortably and safely as possible, while also addressing any medical or psychological complications that may arise. It's an essential first step in the journey toward recovery from substance use or addiction.

WHY DO I NEED TO BE HERE FOR WITHDRAWAL MANAGEMENT?

Withdrawal from addictive substances can pose serious medical risks, particularly if attempted suddenly or without proper supervision. Having individuals undergo withdrawal management in a specialized unit staffed by clinical professionals is essential for ensuring their safety and well-being.

In such a unit, individuals can be closely monitored for any potential complications that may arise during the withdrawal process. Clinical professionals, including medical doctors, nurses, and addiction specialists, can promptly respond to any needs that arise.

WHO WILL HELP ME THROUGH WITHDRAWAL MANAGEMENT?

Your attending provider functions as the leader of your treatment team. He or she will complete a mental status exam, initiate a diagnostic work-up, supervise preparation of your treatment plan, regularly check in to assess

treatment progress, adjust medications, and write orders for discharge. You will see your provider each day of your stay, and you will also be supported and cared for by a team of registered nurses and patient care associates. If your attending provider feels it is necessary, you will also have access to a psychiatrist during your stay.

In addition, you will have access to both group and individual therapy by licensed social workers and licensed addiction counselors during your stay. The team will help you identify and coordinate the next steps in your recovery journey.



WHY DO I NEED TO DO THIS AT VALLEY VERSUS ON MY OWN?

A withdrawal management unit provides a safer and more effective path to recovery compared to attempting withdrawal independently. Here, you'll have access to a team of professionals who specialize in addiction treatment. We offer evidence-based treatments and therapies with higher success rates and outcomes. Additionally,

various medications are available to assist in managing withdrawal symptoms and reducing cravings. This comprehensive approach ensures that you receive the support and care needed to navigate withdrawal successfully and begin your journey toward long-term recovery.

WILL MY PRIVACY BE PROTECTED?

Recovery & Wellness Unit Services. Your medical records concerning the substance-related care you receive at the Recovery & Wellness Unit are protected by federal laws: the Health Insurance Portability and Accountability Act, 42 U.S.C. 1320d et seq and its implementing regulations (“HIPAA”), and the federal drug and alcohol confidentiality law, 42 U.S.C. 290dd-2, and its implementing regulations at 42 C.F.R. Part 2 (“Part 2”). Unless these laws expressly permit us to share information about the care you receive at the Recovery & Wellness Unit, the Valley

Health System and The Valley Hospital (“we” or “us”) must first obtain your written consent. This means that in most circumstances, we cannot tell anyone, even a family member or friend, that you are or were receiving services from our Recovery & Wellness Unit unless you give us written consent to do so.

HIPAA and Part 2 permit us to use and share your medical records with individuals who are directly involved in your care at the Recovery & Wellness Unit, including your admitting physician, mental health professionals, nursing, and other clinical staff, as well as administrative staff such as for billing and health care operations purposes. We may also share your medical records with our vendors and contractors (“business associates”) who provide services on our behalf. HIPAA and Part 2 also permit us to share your medical records for other limited purposes without your written consent, such as medical emergencies, for audits and evaluations, research, or in response to court orders. Information which is necessary to report suspected child abuse or neglect or related to commission of a crime on our premises or against our staff is not protected.

When you are admitted for care at the Recovery & Wellness Unit, you will be asked to consent in writing to disclosures of your medical records to your health plan(s) and other entities who are responsible for coordination and payment for care that we provide to you at the Recovery & Wellness Unit. You will also be asked to designate individuals such as family members or friends with whom we may communicate about the care that you receive at the Recovery & Wellness Unit. You will also be asked to consent in writing to disclosures of your medical records to other treating health care providers or facilities who may be providing you with care before or after you are discharged from the Recovery & Wellness Unit.

Other Hospital Services. If you receive care from any other components of The Valley Hospital during your stay, such as the emergency department, intensive or critical care departments or outpatient departments, including laboratory or diagnostic imaging, your medical records may not be protected by Part 2, but they will still be protected by HIPAA. For example, HIPAA permits us to use and disclose your medical records for treatment, payment and health care operations purposes. The Valley Notice of Privacy Practices provides additional information on how we may use and disclose your medical records which are protected by HIPAA.

Additional state laws and regulations will also apply to how we may share your medical records.

Violation of Part 2 is a crime. Suspected violations may be reported to the United States Attorney's Office for the District of New Jersey. For further information or any questions about our privacy practices, please write to the Privacy Officer, Valley Health System, 15 Essex Road, Suite 501, Paramus, NJ 07652. You may also contact the privacy officer by phone at 201-291-6329.



HOW WILL THIS HELP ME GET BETTER IN THE LONG-TERM?

Withdrawal management offers long-term benefits because of the short-term success it brings. The more successful a person's early days in treatment are, the more likely they are to continue to travel the road to recovery and wellness.

HOW LONG WILL I BE HERE?

Withdrawal symptoms can vary by individual and can last from five to seven days. The protocol usually ends when the provider determines an individual is medically out of danger and able to move to the next step in their recovery and wellness journey.

WILL MY FAMILY AND FRIENDS BE ABLE TO VISIT ME?

There are typically no visitors allowed on a withdrawal management unit for several reasons, including respect for everyone's privacy and confidentiality, minimizing exposure to triggers, and maximizing safety. The goal is to create a supportive and therapeutic environment conducive to the recovery process. While it may be challenging for individuals and their loved ones to be apart during this time, the primary goal is to ensure the safety, privacy, and focus on treatment for those seeking help for substance use and addiction.



WILL I BE SAFE WHILE I AM HERE?

For everyone's safety, our Recovery & Wellness Unit is a separate, non-smoking area. We also do not allow outside food and drink in your room. Should you need to leave the unit, a member of our team will accompany you.

WHAT CAN I BRING TO THE RECOVERY & WELLNESS UNIT?

Our goal is to make your visit as calm, comfortable, and stress-free as possible. Please bring items that will make you feel relaxed and restful. If your admission is not expected, we will accept packages from your loved ones to aid in your recovery. To best meet the needs of your stay, please plan to bring:

- Enough clothing for three days
- Slippers or slip-on shoes without laces
- Personal care items (toothpaste, shampoo, soap)
- Books, magazines, or activity books

To ensure your safety and the safety of our staff and others staying on the unit, you are not allowed to bring the following items with you to the Recovery & Wellness Unit:

- Purses and wallets
- Alcohol of any type
- Home medications
- Sharp items (scissors, knives, keys)
- Lighters
- Shoelaces, belts, underwire bras
- Heavy boots
- Outside food and drink

- Glass or metal objects
- Lipstick in metal containers
- Bottles, mirrors, or picture frames
- Razors (electric razors are permitted)
- Phones and/or electronic devices

If you arrive with any of these items, you will be asked to send them home with family or we will store them in a locked, secure location for you until you complete your stay.



WHEN WILL I LEAVE?

You will work with your Valley treatment team to plan for the next steps after leaving the Recovery & Wellness Unit. We will assist you to work with family and friends to arrange for pick-up at the time of discharge. When you are ready to leave the hospital, our clinical staff will help you gather your belongings and review checkout procedures, including packing your belongings; reviewing after care arrangements; and future treatment goals and appointments.

WHAT ELSE DO I NEED TO KNOW?

First, that we are here for you. Second, that we take very seriously your rights, your dignity, and your need to maintain control. To that end, we provide you with our Summary of Patient Rights.

1. You have the right to be given this Summary of Patient Rights.
2. You have the right to know what rules and policies govern your stay at the Recovery & Wellness Unit.
3. You have the right to know what services are available to you; the names and professional status of our staff; fees and related charges, including payment, fee, deposit and refund policies; and any charges for services not covered by your health plan or our basic rate.

4. You have the right to be informed if other healthcare and educational institutions will participate in your treatment, who they are and what functions they perform, and to refuse their participation.
5. You have the right to receive an explanation of your complete medical/health condition or diagnosis; recommended treatment and treatment options, including the option of no treatment; risk(s) of treatment; and expected results in terms that you understand.
6. You have the right to participate in the planning of your care, and to refuse medication and treatment.
7. You have the right to not participate in experimental research.
8. You have the right to voice your concerns and complaints, and to recommend changes in our policies and services to our program staff, our hospital governing body, or any outside representative of your choice, free from any restraint, interference, coercion, discrimination, or reprisal.
9. You have the right to be free from mental, sexual, and physical abuse, exploitation, coercive acts by staff and other patients, and from the use of restraints unless restraints are authorized pursuant to N.J.A.C. 8.111-6.5.
10. You have the right to confidential treatment of your information in accordance with applicable federal and state laws, including HIPAA and Part 2.
11. You have the right to be treated with courtesy, consideration, respect, and with recognition of your dignity, individuality, and right to privacy, including, but not limited to, auditory and visual privacy.
12. You have the right to not perform work for us.
13. You have the right to exercise civil and religious liberties, including independent personal decisions.
14. You have the right to not be discriminated against because of age, race, religion, sex, nationality, sexual orientation, disability (including, but not limited to, blind, deaf, hard of hearing) or ability to pay; or to be deprived of any constitutional, civil, and/or legal rights.
15. You have the right to be transferred or discharged only for medical reasons, for your welfare, or that of other patients or staff upon the written order of a physician or other licensed clinician or for failure to pay required fees as agreed at time of admission (except as prohibited by third-party payors).

16. You have the right to be notified in writing, and the opportunity to appeal, any involuntary discharge.
17. You have the right to access and obtain copies of your medical record in accordance with our policies and applicable federal and state laws.
18. You have the right to retain and use your own clothing and possessions, unless to do so would be unsafe or would infringe on the rights of other patients in the facility. Your belongings will be within the treatment room and can be accessed in collaboration with a member of your care team.
19. Although you have a right to receive visitors, all treatment plans in the Recovery & Wellness Unit restrict visitors to allow for the best possible chance at successful withdrawal management. We will allow visitors on a case-by-case basis if approved by the treatment team.



If at any time you or family members feel that one of your rights have been denied, restricted, or impeded, please contact the Recovery & Wellness Unit Director. They will investigate your concerns and meet with you to discuss.

GETTING STARTED

You have taken the challenging first step towards recovery and wellness. Know that you have the support of our competent and experienced team of professionals backing you as you begin this journey to recovery and wellness.



RECOVERY & WELLNESS
Personal Reflections

For more information or questions about the program, please call **201-612-4949**. For direct admission, which is available 24 hours a day, please go to The Valley Hospital Emergency Department, located at 4 Valley Health Plaza in Paramus, New Jersey.

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