

Commonly Asked Questions

Why No Cell phones?

Cell phones and other electronic devices are a distraction during treatment. Our goal is to remove all daily distractions and concerns of daily living so that the core issues of addiction can rise to the surface and be dealt with, layer by layer.

What can I do from home?

Letters of encouragement from loved ones are priceless in a patient's recovery. If you can, please write more than once a week. Our mailing address is located on this brochure.

How can I contact my loved one's Counselor to address issues that my loved one might not bring up?

The best way is to write a letter. If that is not an option, please leave a message on the Counselor's voice mail. Please be advised that all ROI's must be signed prior to any response. Please understand that confidentiality is of utmost importance and is Federal law.

Philosophy of Alcohol and Drug Dependence

Alcohol and/or drug dependence or other addictive disorders are considered by the clinical staff as an insidious disease. It is progressive in nature, it can be interrupted through interdisciplinary professional treatment, but it cannot be cured. For this reason, one of the primary goals of treatment for the patient is continued meaningful abstinence from mood-altering drugs or behaviors.

Alcohol and drug dependency is also considered a primary disease. It is not a symptom of underlying emotional or clinical problems experienced by a patient which proceed, are concurrent with, or are a result of alcohol/drug dependency or other addictive behaviors. They are addressed by the clinical staff as clinically indicated.

Finally, treatment is seen as the beginning of the process of recovery. The patients are given skills to interrupt their illness and to implement a plan for continuing recovery through-out their lives. Aftercare, post-treatment referrals, and follow-ups are a vital part of the individual's ongoing recovery.

Rocky Mountain Treatment Center

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Providing Excellence since 1983

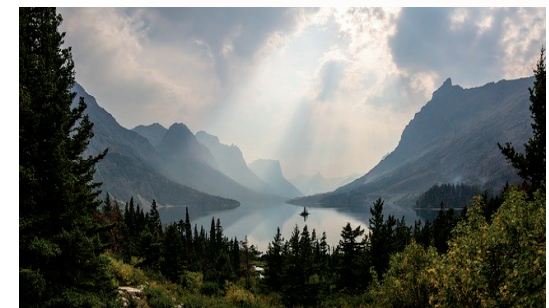


Rocky Mountain Treatment Center

Family Information

Successful treatment of any addiction requires individualized treatment of the entire person on a physical, emotional, behavioral, familial, social, and spiritual basis.

*"Heart, Hope, Honesty,
Compassion"*



RehabRocky.com

What Do You Do If Your Loved One Wants to Leave Early?

Often, when people have spent a short time in treatment their body experiences feelings of euphoria, and they develop a renewed sense of control. Their body has begun to heal and they are starting to feel alive, maybe for the first time in a long time. Their mental clarity and emotional stability, however, have not caught up with their physical condition. In addition, their feelings of euphoria are temporary, a “pink cloud,” typically after a few additional days they will hit a wall of negative emotions. This is a very dangerous point, relapse risk is very high and potentially life threatening. More than likely you have witnessed this in your loved one’s past. They did great for a while, but then relapsed, with each relapse often progressively worsening. That is why your loved one is here now.

Let’s help them develop a foundation for life. You are a very important part of this foundation. Often your loved one will become nervous about Family Week because they fear you may stop loving them when the truth is revealed. But, in reality, we have found open and honest communication, which is developed during Family Week, builds the foundation of loving relationships.

What Should You Say If Your Loved One Asks or Even Demands to Be Picked Up Prior to Graduation from Treatment?

No,

Is your best response. You may have to say “No” several times. Do not argue with them or allow them to guilt and manipulate you into doing something you shouldn’t do, as they most likely have done in the past. Remember, they are very creative and will make lots of promises, “the kids need me,” “I need to be home to help you,” “I’m fine,” “Once I’m detoxed, I can do this myself,” “I have a plan.” Ask yourself, have you ever heard these promises before?

We are going to take great care of your loved one. They will enjoy good food, attention that is appropriate for their individual needs (please understand we purposely don’t cater to their every whim as part of their treatment process) and a safe environment. Our program is designed to humble and then rebuild your loved one’s confidence and a foundation for life. This process can be painful and frustrating. However, with the coordinated effort of loved ones and the team at Rocky Mountain Treatment Center, a path to a new life can be achieved.

Treatment never fails, however, it doesn’t always succeed. In order for treatment to be successful, it must be received. Help them receive treatment by trusting us to do our job. If they ask you for permission to leave, just say “No.”

What Happens Now

At this time, your loved one will begin their journey with Rocky Mountain Treatment Center. In the next few weeks, this is what you can expect:

1. A Release Of Information (ROI) must be signed before any information can be released.
2. For obtaining information about your loved one, you may call at anytime. Our phones are answered 24/7. If you reach a busy signal or voice mail, please call back soon as we are most likely attending to another patient. If an “ROI” is signed by the patient, information can be given over the phone to authorized persons only.
3. After five to ten days, patients are encouraged to make outbound calls to loved ones. This will benefit the patient to share their progress and wellbeing.
4. Visitation is available Sundays from 1:00 to 4:30 pm. No food or beverages may be brought from outside the facility. All packages will be opened and examined by Treatment Assistants.

5. Family week normally happens between 1/2 to 2/3 of the way through your loved one’s treatment. During the initial weeks of separation, please write down notes and be prepared to share how your loved one’s addiction has affected their relationship with you. You will receive a packet in the mail about a week prior to attending family week. Participation is strongly encouraged and is vital to your loved one’s recovery.

Family Week

Family week runs all day Monday, Tuesday and half day Wednesday. During this process, you will be sharing emotions that most likely have not been dealt with in an extended period of time. Please be prepared to confront and forgive as this is a healing process not only for your loved one’s benefit, but also for the entire family.



Rocky Mountain Treatment Center Located in a historic neighborhood of beautiful Great Falls,