



Changing Lives, One Mind at a Time

- Pioneering Mental Wellness with Compassion and Expertise.

About This Guide

We understand that sending a loved one to treatment can be stressful and oftentimes leave a feeling of uncertainty. This guide will help answer some common questions, give insight into the treatment process and provide resources. Our goal is not only to have success with each client that admits to CBH but also working with the families to provide the best possible outcome while in treatment. Families of the loved ones in treatment play a vital role in the overall outcome of this process.

Why Choose Compassion Behavioral Health

At Compassion Behavioral Health, we work together to empower individuals to develop the skills needed to turn the page and discover their next great adventure.

By equipping our patients with the tools needed to change their story, we enable them to end up in a place they've always wanted to go, but couldn't quite find. We believe that effective treatment begins with the end in mind: by setting a goal for a better life. Our role is to help patients plan a path forward, as well as assist in navigating their personal road to recovery, paved with positive behaviors, habits and relationships. We facilitate positive, lasting change in a peaceful healing environment for a comfortable, effective treatment process.



We Help Our Patients Write the Next Chapter Of Their Life's Story.

"Stories Change Here"



Families Role/Involvement/ Family Dynamics

When seeking mental health and substance abuse treatment for a loved one, it's important to understand that this is just the beginning of the journey. The process can be challenging for families, but it's crucial for the staff and family to work together towards the common goal of supporting your loved one. It's essential to remember that psychological and emotional treatment takes time, just like physical treatment. When arriving for treatment, it's common for individuals to experience high anxiety due to the unfamiliar recovery environment. This anxiety is an important step in the treatment process. While families should support their loved ones during this time, it's crucial to differentiate between supporting the person and enabling the behaviors or disorder. When facing difficult choices, ask yourself if helping your loved one is truly beneficial or if it enables the behaviors or disorder.

Verified Google Review



Substance Abuse



"CBH helped me and my families life so much! I now am 2 years sober and have custody of my daughter. Forever grateful"

-Chris M, CBH Alumni

Mental Health



From a mom's perspective the communication with my daughters therapist and myself was great! they were able to treat her mental health, so happy that we found this facility.

-Shari H, CBH Alumni

CBH Phone Policy

The phone policy includes a one-week blackout period, after which phone calls are allowed under specific conditions and schedules, such as designated days and times, with a limit of 15 minutes per call. The number of allowed calls per week varies depending on the client's progress in the treatment program, as determined by their Primary Therapist. For further details and any clarifications, please ask our staff.

Levels Of Care

Residential Treatment

The highest level of care at CBH offers 24-hour support with nursing, and behavioral health technicians for primary mental health disorders and/or dual diagnosis.

Key Features:

- Clients live at the facility with around-the-clock medical supervision.
- Suitable for acute mental health issues, high risk of suicidal thoughts, and self-harming behaviors.
- Provides a wide range of services and therapies in a controlled environment.



Partial Hospitalization Program (PHP)

The most intensive form of outpatient treatment for clients who need more care than standard outpatient but less than inpatient/residential.

Key Features:

- Daytime comprehensive treatment and medical monitoring, returning home at night.
- Flexible, accommodating up to 6 hours a day, most days of the week.
- Acts as a transitional care level following residential treatment.



Intensive Outpatient Program (IOP)

A program for those needing transitional care as they step down from inpatient treatment or to supplement recovery, or those with less severe addiction or mental health issues, with a strong family support system.

Key Features:

- Meets 3-4 days a week for 3 hours a day.(9 am-12 pm or 5 pm -8 pm)
- More intensive than standard outpatient programs, but clients don't live at the facility.
- Flexible and adaptable to individual needs.



What To Expect During Treatment

Treatment Length Can Vary

Week 1:

The first week of treatment the client is adapting to the environment, structure, schedule and new people. It can be very overwhelming, however all of the staff are aware of this experience and trained to comfort, orient and assist in any way. We set a standard 7 day black out period for any clients to make outbound calls (unless approved) to their family, wives, husbands, girlfriends, boyfriends, etc. Reason being, it is common for clients to experience elevated levels of anxiety resulting in the urge to leave or make impulsive decisions. By eliminating any outside stressors, this allows clients time to settle in and begin to focus on **THE MOST IMPORTANT PROCESS OF THEIR LIVES.**

- COVID Testing
- Admission Forms, Intake and Nursing Assessments
- Reviewing Policies, Standards and Rules of the Programs
- Safe Call
- Meeting with Medical Staff to Complete Psychiatric Evaluation
- Assigned and Introduced to Primary Therapist and Case Manager
- Begin Group Therapy
- 1st Session with Primary Therapist and Begin to Build Treatment Plan
- Family Contact Call by Therapist
- Nutrition Consultation with Registered Dietitian

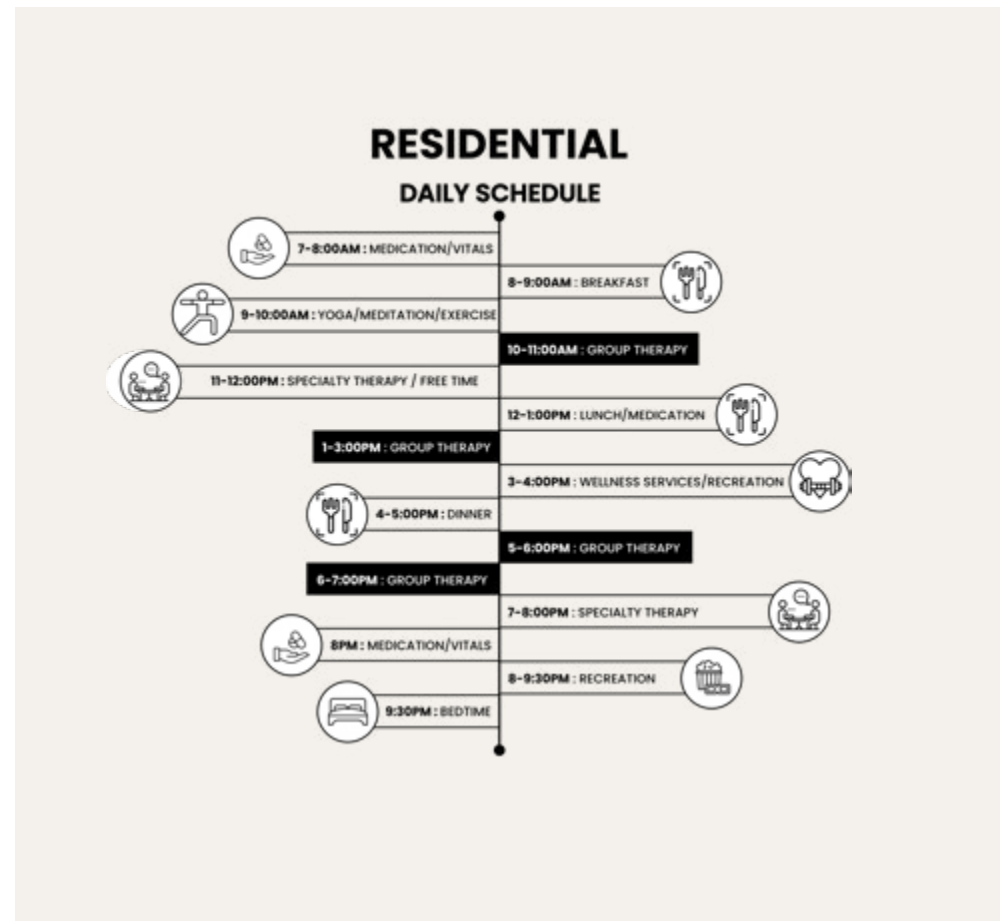
Week 2 & 3:

- Continuing Treatment Plan
- Treatment Becomes More Individualized to the Client's Specific Needs
- Continued Psychiatric Supervision and Medication Evaluations
- Continued Individual Appointments with Primary Therapist

- Specialty Modalities May Be Incorporated Depending on Response of Individuals Treatment
- Weekly Family Sessions with Client and Family

Week 4:

- Continued Treatment Plan
- Treatment Continues to Evolve and Become More Individualized
- More Focus with Case Management with After Care Support
- Continued Weekly Family Sessions



What to Expect After Completing Our Program

CBH Alumni Program –Your Journey Towards a Brighter Future

As you consider embarking on your treatment journey with Compassion Behavioral Health (CBH), it's not just about the here and now. It's also about what comes next. We're proud to offer a glimpse into the future with our Alumni Program, a pivotal component of your ongoing journey towards lasting success and enriched sobriety.

The Promise of Continued Support:

While your treatment program is a crucial step, the path to recovery extends far beyond. Our Alumni Program is tailored to ensure that once you complete your treatment, a supportive and empowering community awaits you. This is about laying a foundation for a sustained, fulfilling life after your time at CBH.

What Is the Alumni Program?

Our Alumni Program is specially designed for clients like you who have successfully participated in our treatment programs and are committed to nurturing their recovery journey. This program is a cornerstone of our commitment to your ongoing success.

Key Elements of the Alumni Program:

- **Social Connectivity:** Engage in activities that promote relapse prevention, peer networking, and personal growth. Our alumni events and gatherings are designed to keep you connected and supported.

- **Community Involvement:** We encourage active participation in positive community activities. This involvement not only enriches your own life but also positively impacts those around you.
- **Continued Support:** Our dedicated staff and network of peers offer constant encouragement and motivation. The support system here at CBH is robust and always accessible.
- **Focus on Personal Growth:** Our program is tailored to help you build upon the skills and strategies you learned during treatment, fostering continuous personal development.

Expectations After Completing Your Treatment

- **Sustained Sobriety:** Our program aims to reinforce your commitment to staying substance-free, with various resources and support to help you maintain this vital aspect of your recovery.
- **Peer Support:** You'll find yourself among a community of peers who understand your journey. This network is invaluable for sharing experiences, offering support, and celebrating milestones together.
- **Engagement in Life:** Rediscover joy in activities and hobbies, and find new passions. Our alumni program helps integrate these positive pursuits into your daily life.
- **Growth Beyond Treatment:** Continue to grow and develop personally and socially. Our program offers opportunities for learning, volunteering, and other enriching experiences.

Understanding Insurance Benefits

You and your health insurance company pay for your health care expenses. Deductibles, coinsurance and copays are all examples of what you pay. Understanding how each example works helps you know how much you pay.

Payment Options for CBH Services:

- **Insurance:** We accept a variety of insurance plans to make accessing compassionate care more convenient for you.
- **Cash Pay:** For those without insurance or who prefer to pay directly, we offer straightforward cash payment options.
- **Financial Program:** Explore our financial assistance programs designed to provide support and ensure that quality services are accessible to everyone. This program is facilitated through a trusted third-party to streamline the process and offer tailored solutions for your unique needs.

What Is a Deductible?

A deductible is the amount you pay for health care services before your health insurance begins to pay.

How it works: If your plan's deductible is \$1,500, you'll pay 100 percent of eligible health care expenses until the bills total \$1,500. After that, you share the cost with your plan by paying coinsurance.

What is Coinsurance?

Coinsurance is your share of the costs of a health care service. It's usually figured as a percentage of the amount we allow to be charged for services. You start paying coinsurance after you've paid your plan's deductible.

How it works: You've paid \$1,500 in health care expenses and met your deductible. When you go to the doctor, instead of paying all costs, you and your plan share the cost. For example, your plan pays 70 percent. The 30 percent you pay is your coinsurance.

What Is a Copay?

A copay is a fixed amount you pay for a health care service, usually when you receive the service. The amount can vary by the type of service.

How it works: Your plan determines what your copay is for different types of services. You might have a copay before you've fully met your deductible. You may also have a copay after reaching your deductible, as well as when you're responsible for coinsurance.



Your Packing Guide for a Comfortable Stay at CBH

CBH Packing Tips

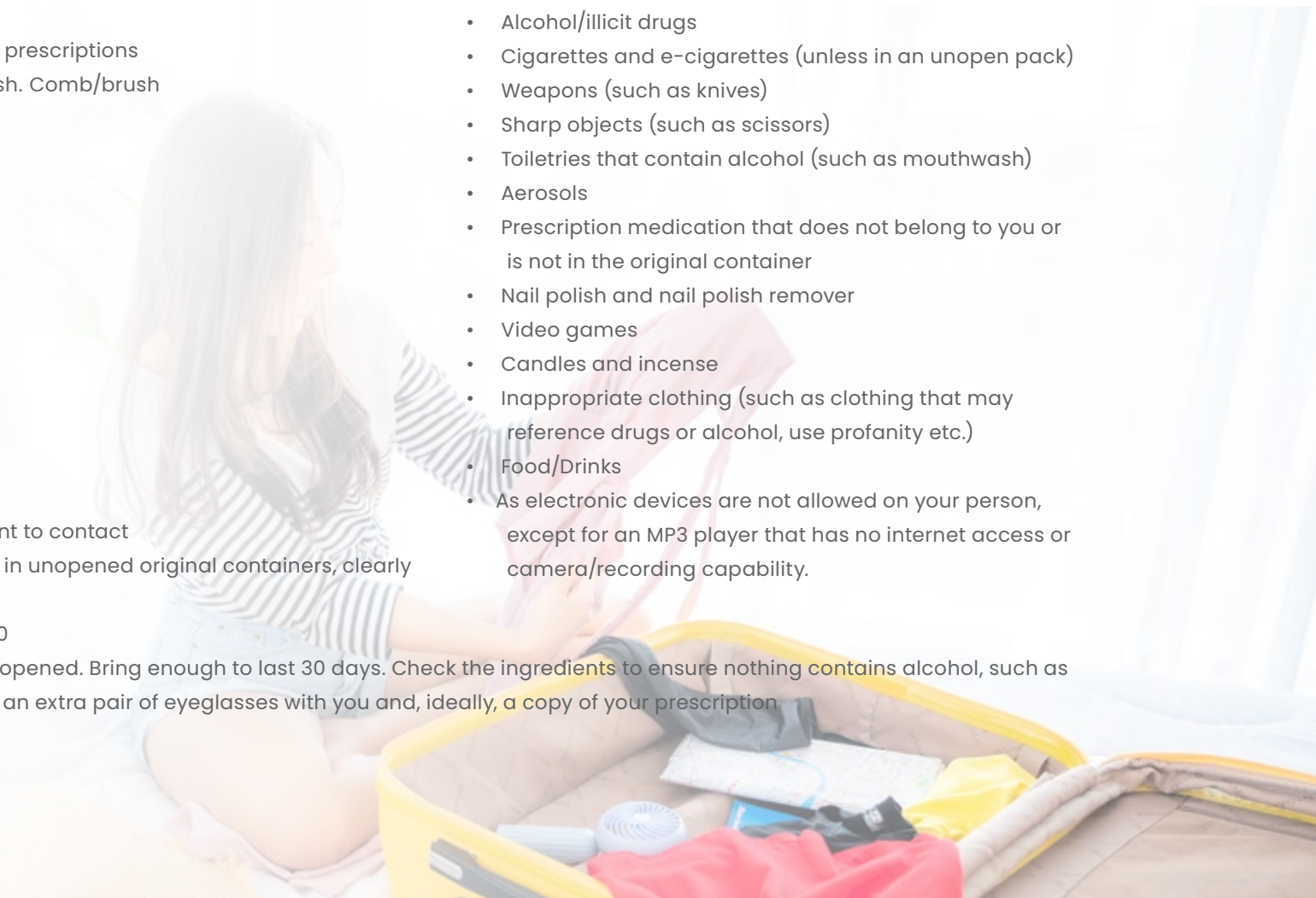
To help you prepare for your stay with us, we'd like to mention a few things about packing. We have laundry facilities available but you should probably pack 2 weeks worth of clothes and toiletries. For PHP programs, we often have outings to the beach, you should make sure you have your swim suit, towels and sandals in your suit-case. While deciding what to pack, please avoid bringing clothes with either drug or alcohol branding, designs. Additionally, toiletries or cosmetics that have alcohol or any alcohol derivative listed as the first or second ingredient are not allowed.

What You Should Bring to Rehab

- Insurance information
- Any necessary medical records or prescriptions
- Toothbrush, Toothpaste, Mouthwash. Comb/brush
- Shampoo, Soap
- Deodorant
- Feminine hygiene products
- Shaving cream
- Pajamas, Robe
- Shower shoes
- Undergarments
- Socks, pants/shorts
- Shirts/blouses
- Shoes, Sneakers
- Gym shorts, Tee shirts, Sweats
- Swimwear
- Phone numbers of anyone you want to contact
- Take your prescription medication in unopened original containers, clearly labeled with dosage instructions
- For spending money, bring \$50-100
- Toiletries should be sealed and unopened. Bring enough to last 30 days. Check the ingredients to ensure nothing contains alcohol, such as mouthwash. It's also wise to have an extra pair of eyeglasses with you and, ideally, a copy of your prescription

What You Should Not Bring to Rehab

- Alcohol/illicit drugs
- Cigarettes and e-cigarettes (unless in an unopen pack)
- Weapons (such as knives)
- Sharp objects (such as scissors)
- Toiletries that contain alcohol (such as mouthwash)
- Aerosols
- Prescription medication that does not belong to you or is not in the original container
- Nail polish and nail polish remover
- Video games
- Candles and incense
- Inappropriate clothing (such as clothing that may reference drugs or alcohol, use profanity etc.)
- Food/Drinks
- As electronic devices are not allowed on your person, except for an MP3 player that has no internet access or camera/recording capability.



CBH Department's



Facility Main

954-505-2200



Residential

✉ Residential@cbhrehab.com

☎ 954-505-2200 (Choose Option#3)



PHP/IOP

✉ Php-iop@cbhrehab.com

☎ 954-505-2200 (Choose Option#2)



Admissions

✉ Admissions@cbhrehab.com

☎ 954-391-5411



Alumni

✉ Alumni@cbhrehab.com

☎ 954-466-0166



Financial

✉ Finance@cbhrehab.com

☎ 561-645-0055



First and foremost, on behalf of **Compassion Behavioral Health** I would like to express appreciation and gratitude for entrusting our organization and our entire team of passionate, hard-working professionals. As we all know, change does not happen overnight. This is a long-term effort. We understand how difficult this road can be and appreciate your support and immense understanding while we care for your loved ones.

Our goal at CBH is to create an environment that strips down the social stigmas that have plagued our society and prevented passionate care to those most vulnerable in their time of need. I have made it my motivation to achieve the highest standard of quality care by continuing to provide innovative resources with the best industry professionals. Nobody suffering from mental illness or substance abuse should be defined by their disorder. Instead, they should be given the essential tools to live their lives to the fullest.

A handwritten signature in black ink, reading "Ryan Needle". The signature is fluid and cursive, with a long horizontal stroke at the end.

RYAN NEEDLE
CEO