



NORTHWOOD PROGRAM RULES

Rules are necessary to maintain structure and provide a safe environment. The following 4 rules serve as the foundation for a secure and respectful setting for treatment and growth.

1. No leaving the center without permission

The purpose of this rule is to help individuals focus on recovery by keeping them in the therapeutic environment. Leaving the program could expose them to triggers they are not ready to resist, such as people and places that support substance use. This could also result in charges in juvenile court or referral to a more secure treatment environment. Leaving the center without permission will result in immediate discharge.

2. No violence or weapons

Learning is most beneficial in a safe and supportive environment. We all have the right to physical and interpersonal safety. The Northwood program strives to create a safe space for individuals to share their problems and learn to heal. Aggression and violence directed at other residents, staff, or anyone in the facility is strictly prohibited and will result in immediate discharge.

Any clothing that depicts violence, weapons, or substance abuse is not allowed.

3. No drugs or alcohol

All residents are expected to engage in complete abstinence from alcohol and drugs. Individuals are not allowed to have any drugs, even over-the-counter drugs, in their possession. This includes the possession of mouthwash or other substances containing alcohol. All residents are subject to random alcohol and drug screenings.

This rule is not blind to the fact that some people need medication to heal. Prescription medications are dispensed to the individual as needed. All medication will be locked up and administered by approved staff members.

4. No use of profanity.

We all deserve to be treated with respect. The use of profanity is disrespectful of others and can provoke violence. We all deserve to get our needs met, but not at the expense of other people. If you struggle with the use of profanity, talk to your counselor and add this to your treatment plan.

What happens if you break the rules?

The consequences for breaking these rules will be determined on a case-by-case basis and will range from immediate termination from the program to treatment plan adjustment (which could require additional time in Northwood to complete). The program coordinator and the Northwood treatment team will look at all rule violations and make the best decision for the client, other clients and program safety.