Here at BRMC we believe that aftercare is of the utmost importance. Comprehensive aftercare is the key to successful recovery after completing inpatient treatment. When facing a dual diagnosis, 21 days is only the beginning phase in creating the changes necessary to sustain sobriety. That is why we recommend a residential program for all of our patients upon successful completion of the program here at BRMC. Residential treatment could include halfway house, supportive living.

While this is our standard recommendation, it is ultimately your choice to comply with this recommendation to attend residential treatment or choose an alternative residence. For example, there are times when a patient may choose to return to independent living due to obligations such as employment, childcare, etc.

We would like you to be aware of a few issues before entering our program:

1. Some of our patients are mandated to attend inpatient treatment due to involvement in various agencies such as drug courts, mental health courts, Child Protective Services or Department of Social Services, etc. If this is the case for you, you may be required to comply with our aftercare recommendation. If you are involved with one of these agencies and believe you are mandated to inpatient treatment, we encourage you to discuss this recommendation with your agency contact person (example: probation officer, drug court coordinator, case worker) to find out what your requirements are and what the possible consequences are if you fail to comply.

2. The admission process for residential treatment is complex and time consuming, due to patient volumes we are unable to complete anymore than 2 or 3 referrals for each individual. There are many people seeking residential care. Therefore, we are unable to assure patients they will go directly from our
program and enter a residential program on the same day. An average waiting period could be as much as 3-4 weeks. We also cannot assure that acceptance is guaranteed. We encourage patients to start applying before admission. The longer someone waits to begin this process, the longer the wait time can be. With this in mind, you will need a temporary residence during this potential wait time. Please plan on this before entering the program here at BRMC.

3. Most residential programs require public assistance for payment. You must apply for public assistance in your own county. This has to be started in order to be accepted at most residential programs. Therefore, it is recommended you start this process prior to your admission at BRMC. If you do not, door to door placement will not be an option.

4. Some of our patients face challenging housing situations prior to their admission here, but still desire to live independently after completing treatment. You should be aware; our program does not assist you in finding independent living options. Relocation to other counties in New York or other states is not feasible during your stay here, because your county is likely to require you to return to your home county. We can provide information on a crisis center or shelter in your area if necessary.

While these are important issues and they must be addressed, they should not be the focus of your stay here. Our main focus is treating your mental health and addiction. We will gladly assist you as much as we can, in arranging residential care, however it is only one part of your treatment here at BRMC. We look forward to working with you and want your treatment at BRMC to be a success.

By signing this letter you are confirming you have reviewed and understand this information.

________________________________________   _____________
Patient signature                                  Date