



HOLIDAY SCHEDULE

DOSING HOURS 6:00 – 9:00 AM

Memorial Day, May 30

Independence Day, July 4

Labor Day, September 5

DOSING HOURS

Monday – Friday 5:30 – 11 am

10:45 am cut off – arrive by 10:45 to complete UDS and Dose Requests.

Saturday & Sunday 7 - 9 am

TREATMENT FEES

Weekly Fee is due on Monday. On Wednesday an automatic 10-day taper will start if you have not paid for that week and the taper will continue until your balance is zero. The minimum charge for Credit Card is \$80.00 for Weekly Treatment Fee. The card & card holder must be present.

TAKE-HOME FEES

COVID-19 Special Take-Homes Coverage may be coming to an end soon.

Remember Take-Homes Fees were Temporarily covered. We will let you know as soon as we can when the LME/MCO will discontinue coverage of Take-Homes. Fees have remained the same: \$10 each Take-Home Bottle Methadone and \$15/Bottle Buprenorphine.

TAKE-HOMES & LOCK BOX SAFETY

We will be launching our Lock Box Safety Campaign soon. Be sure to pick up your Tips on How to Successfully pass a Take-home call back.

SUGGESTION BOX

Suggestion Box and Grievance Forms and Policy are located in the Lobby. We welcome your feedback and as always please discuss and complaints with your Counselor first.

GROUPS

Welcome Back Groups! This summer we will be opening our Group Room for 6 attendees in

person and 4 virtual attendees.

Stay tuned for Group Topics, Times and Sign-up sheets. Feel free to drop ideas in the Suggestion Box or discuss with your counselor.



SELF-CARE CORNER

Whatever this means for YOU:

- ✓ Watch a Comedy
- ✓ Take a walk along the river or at the Park
- ✓ Yoga, Meditate, Nap
- ✓ Paint or Rearrange a room
- ✓ Make someone laugh or smile 😊
- ✓ Pedicure – DIY – no mask needed



MISSION STATEMENT:

Medication Assisted Treatment to promote recovery one life at a time.

Moving Forward through Group and Individual Counseling to achieve a more productive lifestyle.

REMINDERS

- **Phone Number & Health Insurance** updates? See Front Desk please!
- **NO PJs or Low Cut Tops**
- **NO DRINKS** at the **DOSING WINDOW**
- **NO CUSSING** or **Disruptive Behavior**
- **NO LOITERING** or **LITTERING** on the premises!
- Leave the **DOSING WINDOW** after dosing.
- Bring ALL **PRESCRIPTIONS** to the Nurses.
- **NO WEAPONS** on the Premises.
- **ORIENTATION** is **MANDATORY** please schedule with your Counselor.

Mexican Cucumber Snack

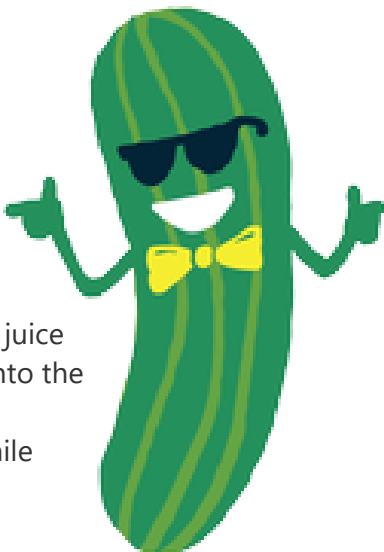
Cucumbers with lime and chile are a great and refreshing snack for the summer!

Ingredients

- 1 cucumber
- 1 tsp chile powder
- 1/2 lime

Instructions

1. peel and slice the cucumber.
2. Squeeze the juice of 1/2 a lime onto the cucumbers and sprinkle with chile powder.
3. Serve!



AS THE TEMPERATURE RISES, DON'T LET YOUR TEMPER

When the summer days roll around, sometimes it's hard to keep your cool. Use these tips to help support you in staying calm and prevent having heated arguments.

1. Take a pause.

At times, it's easy to immediately react. Give yourself some time to evaluate the situation before responding.

2. Breathe.

When you allow your brain time to receive some oxygen rich breaths, it enables you time to see the bigger picture.

3. Listen for understanding, not to respond.

When we don't listen to what the person is saying, we miss vital information. Listen to what is being said and then respond.

4. Remember "you can disagree, but don't have to be disagreeable".

You can share however you feel in a direct, respectful tone. State how you feel without raised volume.

5. Focus on what you can control.

Don't spend too much time focusing on things you can't control. However, focus on things you can affect. If you can't change it, try changing your perspective.

Practice these tips and continue to be cool as a cucumber this summer.

-From Claire's Cool Corner