

Johnston Recovery Services



www.johnstonrecovery.com Monday – Friday 5:30 – 11 am Saturday & Sunday 7 - 9 am



DOSING HOURS

Monday – Friday 5:30 – 11 am

Saturday & Sunday 7 - 9 am

*Please arrive 30 minutes prior to closing
to complete UDS if needed.*

HOLIDAY SCHEDULE

DOSING HOURS ARE 6 - 9 AM

Memorial Day, May 31

Independence Day, July 4

Labor Day, September 6

TREATMENT FEES

Weekly Fee is due on Monday. Full payment is due by **WEDNESDAY**. 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. We are now accepting payments on Sundays!

COVID-19 SPECIAL TAKE-HOMES

As of April 1, there are no COVID Take-homes for UDS positive for Benzo, Alcohol, Barbiturates, Cocaine, Methamphetamines, Amphetamines, Fentanyl, Opiates, Gabapentin, etc.

Any questions please see your counselor.

Take Home Bottles must always be in your LOCK BOX and in your possession, including when they are returned with lid and label intact.

STATE FUNDS & GRPA REPORTING

To ensure that you qualify for the funds you must complete a State Funding Admission and Authorization Criteria Form with your counselor. If you are receiving State Funds, we are now required to complete a “GRPA” Assessment at intake, 6 months and at discharge. This is all the state and federal government is asking of us to assist with paying for your treatment! Not a bad deal! You will be getting a call or text from “Nick at JRS” who will be asking you for information that is on the Assessment.

NC MEDICAID MANAGED CARE

Select a plan and enroll by May 14th.

Call 833-870-5500 or visit

www.ncmedicaidplans.gov

Once you receive your new insurance card please bring it to the front desk so we can update our information. Some will have the option to stay with their LME/MCO (Alliance or Eastpointe).

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ALLERGY SEASON

Allergy season is upon us. Check Client Handbook www.johnstonrecovery.com for a list of over-the-counter medications to avoid or ask the nurse BEFORE taking anything.

SELF-CARE CORNER

Whatever this means for YOU!

- ✓ Movie binge all day
- ✓ Learn how to say NO
- ✓ Turn your phone off for 2 hours, heck the entire day (Sat/Sun)
- ✓ Yoga/Zumba/Walk
- ✓ Decorate a room
- ✓ Make someone smile 😊
- ✓ Pedicure – DIY – no mask needed

“Blame is such a self-defeating choice. It renders one helpless, putting any solution well out of reach, for we rarely can change others. Consider this, a solution well within your reach, someone you can surely change: yourself.” - Russ Kyle

Sunday, May 9th



REMINDERS

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

ZOOM.COM GROUPS

IT'S EASY TO JOIN Go to ZOOM.COM and put in meeting code and password. Meetings start promptly at the time and you will not be allowed in after 5 minutes past the start time. Meeting ID: 6869453653 Passcode: 5twSVD Remember Group Etiquette Ensure your privacy during group and what you say stays with the group.

Stay for the entire group for Raffle Prize!

MONDAY at 10 AM SELF-CARE with CONSQUELLO

TUESDAY at 9 AM CONVERSATIONS with CLAIRE

WEDNESDAY

6 AM RELAPSE PREVENTION with RACHEL

9 AM EARLY RECOVERY SKILLS with HANNAH

10 AM ART THERAPY with SARAH (Markers/Crayon/Paper)

THURSDAY at 8 AM WOMEN'S EMPOWERMENT with NATALKA

FRIDAY at 9 am STRESS MANAGEMENT with CHERRI

NEW GROUP 1st & 3rd SATURDAY at 8 am

OPEN DISCUSSION with CHERRI

PREGNANCY GROUP is the 1st Wednesday of the Month (Mandatory) with Sarah

Sunday, June 20th
Happy Father's Day!