



POLICY ON CELL PHONES AND ELECTRONIC DEVICES

We would like to thank you for your interest in Waypoint Recovery Center! Our treatment and program guidelines have been established based on what has been determined as “best practices” to ensure your best chance of success toward achieving and maintaining sobriety. We congratulate you for making the decision to enter treatment and want you to have the best chance of success after discharge with a life free of substances.

With that goal in mind, we want to make sure you understand that Waypoint does not allow patients to have cell phones, laptops, tablets, or other personal electronics in their possession while in treatment. You will be allowed one weekly family call facilitated with your counselor in his/her office, but you will not be allowed to make or receive phone calls outside of that call.

You may be thinking “no way, I cannot live without my phone, laptops, tablets or access to the internet or social media or being able to talk to my kids or loved ones.” While this sounds harsh, we have found that patients have a significantly higher chance of success in treatment if the time here is used just to focus on treatment and the issues that led to the addiction. Prior to coming to treatment, it is not unusual for there to have been discord or chaos at home, at work, in relationships or with other friends or family members due to addiction. This time in treatment is a chance for *you* to focus on *you*! It is also an opportunity for you and your family to take a break from that chaos or conflict. While at Waypoint, we want you to be able to fully focus on treatment. It is a time to disconnect from your addiction and work on the issues that brought you here so you can leave Waypoint and start a life free from substances.

Most of our patients who were initially resistant to this and used it as an excuse to not enter treatment have found after being here it is a relief to “disconnect” from the outside world. Family members are typically understanding, and some have expressed it is a relief for them as well.

Again, you will be able to call once per week to a family member for a family session with your counselor in the counselor’s office. However, you will not have free access to make and receive phone calls. If there is an emergency here or if there is an emergency at home, your family of course may call, and we will let you know. Your counselor will also provide weekly updates.

We hope you will not let this be a deterrent to entering treatment but recognize as hard as it may sound to be without your phone or access to the internet, it is truly the best way to make the most of your treatment and path to full recovery.

I have reviewed and understand Waypoint’s policy on use of cell phones/electronics.

Patient Signature: _____ Staff: _____ Date: _____