

FAMILY BOOKLET



LAKESIDE-MILAM
RECOVERY CENTERS
Kirkland Residential Center

We are the Lakeside-Milam® Recovery Centers

We are in the business of helping people to heal their lives from the destruction of the disease of addiction.

We believe that addiction is a primary physiological illness, progressive in nature and terminal if left untreated. We know that we have solutions and that any patient who follows our treatment plan will begin to heal.

We believe that as long as an alcoholic or addict is alive, there is hope for healing. We act with the certainty that our every contact with a practicing addict may be that addict's last, best chance at recovery, and that every crisis is an opportunity to bring an addict into recovery.

We commit ourselves, as our first priority, to the patient in treatment. Next, in the certain knowledge that we can help, we commit ourselves to finding and attracting the alcoholic and addict who still suffers. We recognize that the key to our continued success is our ability to reach the addict in need and our willingness to take immediate action to help.

In both human and financial terms, we acknowledge the value of the service we provide, and we honor ourselves and our work with our sincere, unreserved assertion of that value. We understand that our opportunities to provide service and our energies to seek compensation for it are interdependent.

We know that each of our patients is at the center of a wide circle, and that within this circle are our patient's best support in recovery and our next opportunities to provide treatment.

We constantly seek ways to improve our work and to demonstrate our empathy and respect for one another and for our patients. We recognize and celebrate effort, and we acknowledge that mistakes, as long as we are trying, are opportunities to learn. We commit to continuous improvement and growth.

Underlying all of our actions is our fundamental belief that at Lakeside-Milam Recovery Centers we provide the finest addiction treatment available anywhere, that the work we do is of social and material value to our clients and the community, and that people, both those we work with and those we serve, are our greatest and most precious asset.





Welcome to the Lakeside-Milam Recovery Centers,

This booklet contains carefully prepared materials which explain a little about the nature of the patient's illness and the treatment that will be provided. We hope you will read this information thoroughly. You'll find descriptions of the program that will be part of the patient's new way of living. We also encourage you to read *Under the Influence* and *Family Recovery*, both of which are available at the reception desk. All of this, of course, is only the foundation for the counseling that will be provided by our professionally trained staff.

At Lakeside-Milam Recovery Centers, we have an extensive program of education and support for the families of our patients. We encourage you to take advantage of our program.

If you have any questions, please feel free to call the Family Counselor at (800) 231-4303. The Family Counselor functions as the link to your patient's treatment team and will help you understand treatment.

The patient phone numbers at our Kirkland Program are: (425) 979-2628
(425) 979-2627

*Please note these number don't allow for messages to be left. Calls may come in while the lines are open, but messages cannot be left.

Sincerely,

Elizabeth Gould
Administrator

Teresa L. Jackson, MD
Medical Director



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LAKESIDE-MILAM
RECOVERY CENTERS

Introduction to Treatment for Substance Use Disorder at Lakeside-Milam Recovery Centers

In the past, addiction was often considered a moral failing. Today, thanks to better medical research and the advancement in genetics, the answer to this question is more clearly explained by the biology of the person taking the drug. This is not to say that environment doesn't play a role in addiction. The environment is critical in the activation and maintenance of addiction, but the core of the problem is biological. This is why, today, it is recognized that addiction is a disease, just like other conditions that are easier to accept.

Drugs and alcohol affect the normal functions of the brain. Initially, a person may feel intoxicated by drugs or alcohol. With daily use, people develop tolerance to the substance. At this point, without the drug or alcohol, a person may have withdrawal symptoms. Withdrawal from drugs and alcohol, combined with the craving for the drug or alcohol, cause a compulsive desire to continue using. Tolerance, cravings, and withdrawal symptoms make it very difficult to stop using alcohol and drugs.

Treatment for substance use disorders or "addiction" supports a person through withdrawal and cravings. Addressing the whole person has the best outcomes in addictions treatment. Treatment addresses the biological and psychosocial needs of the patient. It takes time for the brain to heal from addiction. Learning new skills to navigate sobriety is an important part of recovery. Professional treatment includes medications, counseling, a safe home environment, and peer support. Studies show the longer a patient stays engaged in treatment, the better outcomes.

Addiction is a chronic disease of the brain and body that progresses over time. Addiction soon impacts all aspects of the individual's life, including their physical and emotional health, their economic well-being, and their relationships with the people significant to them. Fortunately, addiction can be treated, the brain can heal, and recovery is possible.

At Lakeside-Milam Recovery Centers, patients receive the highest standard of addiction treatment. Patients entering treatment at Lakeside-Milam Recovery Centers begin care by going through an initial period of withdrawal management or "detox." Following this period of detoxification, the treatment team and medical providers develop a treatment plan to address the individual needs of each person. Individualized treatment plans support patients through early recovery and the transition to a healthy life.

Successful recovery includes participating in continuing care groups and peer support groups such as Alcoholics Anonymous, Narcotics Anonymous, or Cocaine Anonymous. Patients at Lakeside-Milam Recovery Centers are introduced to these groups as part of treatment.



The Realities of Substance Use Disorder

Addiction has clear, definable signs and symptoms like other chronic diseases. The diagnosis of a substance use disorder is based on standard criteria. Its course of progression is predictable. The patient can be treated and rehabilitated successfully.

1. Addiction is a chronic, relapsing disease like diabetes, epilepsy, cancer, or heart disease. It is not an illness like a headache, upset stomach, or just having too much to drink. Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.
2. When drugs and alcohol are consumed regularly, the brain adapts (neuroadaptation) and tolerance may develop. Tolerance is defined as the need for more of a substance to get the desired effect. The Pleasure Reward center of the brain is no longer functioning normally; therefore, without drugs or alcohol, the person feels cravings or withdrawal symptoms. Addiction starts as the pursuit of pleasure, but then becomes about avoiding pain.
3. Despite the changes in the brain, people can recover from the disease of addiction and live productive and joyful lives. Once the “switch” has been activated in the brain, people may continue to be “triggered” by people, places, and things. This is because the memory and habit-forming areas of the brain are near the Pleasure Reward center of the brain. Habits are not erased from the brain, but new healthy habits may be learned. As sobriety progresses, the “thinking brain” or prefrontal cortex becomes active again, allowing the person to make wise decisions.
4. Addiction has no social boundaries such as income, race, religion, or sex.
5. A supportive family plays a major role in the treatment of addiction.
6. Addiction is a progressive disease and may be treated *at any stage*. Early intervention saves lives. A simple definition of addiction is when a person continues using a substance in the face of consequences. Early intervention after a legal, work, or health consequence may improve the outcome of treatment.
7. Guilt and shame do not heal addiction. We must show love and compassion for our loved ones suffering from addiction.
8. Drug overdose is the leading cause of preventable death for people ages 20 to 50. 99,000 American die each year from alcohol use disorder. Over 110,000 American died last year from drug overdoses. Over 450,000 Americans die each year from tobacco related illness.
9. Medical providers play an important role in treating patients with addiction. It is important to discuss substance use disorders with one’s medical provider. Medications for the treatment of addiction can be an important part of recovery.
10. Research shows Alcoholics Anonymous is an effective peer support program.



Quick Overview to Treatment

Patients entering treatment at Lakeside-Milam Recovery Centers (LMRC) are starting a treatment pathway that will change their lives. The team of professionals will provide instruction and lead discussions on:

- The neurobiology of the disease of addiction
- Coming to terms with the disease of addiction
- Changing destructive emotional patterns and habits to a healthy lifestyle
- Family roles and involvement
- The process of recovery
- Nutrition and exercise
- Working a recovery plan
- The role of medications in the treatment of addiction

Research shows that continued engagement in professional treatment has the best outcome. Leaving the safety of inpatient treatment is a high-risk time for relapse. Patients that transition to outpatient treatment with sober housing have the highest success rates. Lakeside-Milam recommends outpatient treatment after completion of inpatient treatment. Outpatient treatment continues the group process and education and helps patients navigate a return to work or school. In addition, peer support meetings like Alcoholics Anonymous and Narcotics Anonymous play an important role in the recovery process.

Lakeside-Milam has board certified Addiction Medicine physicians that provide evaluation and treatment of substance use disorders with FDA approved medications. LMRC medical team provides the highest level of care for patients in withdrawal and ongoing treatment of substance use disorders. The medical provider evaluates patients in withdrawal daily. The nursing staff is available 24/7 to assess patients in withdrawal. LMRC withdrawal management or “detox” has the highest certification from the American Society of Addiction Medicine and Commission on Accreditation of Rehabilitation Facilities (CARF). LMRC provides ongoing outpatient medical treatment for substances use disorders. The gold standard for successful recovery treatment includes a safe/sober home, outpatient professional outpatient treatment, peer support meetings, and medications if indicated.

After 40 years of treating patients, LMRC has a thriving alumni association that has regular social events in the community. The experience is one of the most significant in a lifetime.



Family Program

The disease of addiction significantly affects family members and loved ones. LMRC encourages family members and partners to attend educational sessions. Family sessions provide education on the disease of addiction and teach skills to cope with their loved one that is struggling. The family program is offered in person at the Inpatient Center and through Zoom via Lakeside Milam's App. The Family Counselors can provide the link to participate virtually.

Effects Letters

The Effects Letter gives family members an opportunity to participate in the recovery process. We encourage you to call our Family Liaison to request a guide to writing a constructive Effects Letter. In most cases, the family Effects Letters are read in the process group with the case manager.

Individual Counseling

Individual counseling sessions are available for family members and other loved ones. LMRC has licensed mental health professional experienced in working with substance use disorders. Most insurance is accepted. To schedule an appointment, please contact our Family Liaison, 425.823.3116.

Special Needs

We understand that patients may have special needs while in treatment. The treatment team strives to provide excellent, individualized care.

Please direct your requests to the family liaison or facility administrator.

Nutrition

LMRC provides a healthy diet for patients that includes well-balanced meals and snacks. Patients will learn about healthy eating habits.

Personal Electronics

Personal electronics are not a part of the treatment program at Lakeside-Milam Recovery Centers. Patients are informed before arriving in treatment that personal electronics are not allowed during the treatment stay.

Cigarettes and Tobacco Products

Research shows that patients have improved treatment outcomes when they stop tobacco products in early recovery. We encourage patients to stop smoking cigarettes while in treatment. LMRC does not allow chewing tobacco or vaping products. Patients are offered nicotine patches and other FDA approved medications for smoking cessation while in treatment. Patients may use nicotine pouches, like Zyn, or nicotine lozenges. No nicotine gum is allowed.

In accordance with the Washington State Smoking Ordinance, Lakeside-Milam will not purchase or hold cigarettes or other tobacco or nicotine products for patients under 21 years of age.

Phone Calls

During withdrawal management, when a patient may not be feeling well, phone calls are discouraged. In early treatment, patients are encouraged to engage in the treatment environment and with their peers. Long or frequent phone calls often distract from early treatment. The staff are available for patient concerns and the family team is available to communicate with family members. The inpatient treatment center is staffed 24/7 and a licensed nurse is always available. Any urgent concerns will be promptly addressed.

Calls may be made/received between 7:00 a.m. and 10:30 p.m. when patients aren't in scheduled sessions and are to be limited to five minutes. Patients may give their family/friends these numbers. When receiving a call from the patient phone numbers it may come from one of these numbers: (425) 979-2628 and (425) 979-2627. The times the patient phones are in general:

Monday thru Friday

7:00 a.m. – 8:50 a.m.

10:00 a.m. – 10:20 a.m.

11:30 p.m. – 12:50 p.m.

3:00 p.m. – 5:50 p.m.

7:00 p.m. – 7:20 p.m.

8:30 p.m. – 10:30 p.m.

Saturday & Sunday

7:00 a.m. – 8:50 a.m.

10:00 a.m. – 10:20 a.m.

11:30 a.m. – 3:10 p.m.

4:15 p.m. – 5:50 p.m.

7:00 p.m. – 7:20 p.m.

8:30 p.m. – 10:30 p.m.

Between these times, patients are attending functions or at meals, and the phones are switched off.

*For specific time availability, communicate with your individual for phone times on their schedule.

**Please note these numbers don't allow for messages to be left.

***Calls may come in while the lines are open, but messages cannot be left.

Early Recovery Services:

Research shows that patients that participate in the ongoing continuum of treatment are more successful in recovery. There are several key factors that contribute to this success.

Ongoing use of drugs and alcohol changes the brain. The Pleasure Reward center of the brain has evolved. Patients may struggle to enjoy things that usually bring us joy, like a nice meal or walk outside. The habit-forming part on the brain is engrained with the maladaptive patterns around using drugs or drinking alcohol. It takes most people 90 days to create new habits. Early recovery and leaving the safety of inpatient treatment are a high-risk time for relapse to drugs and alcohol. The transition from inpatient to outpatient treatment is one of the most important steps in the recovery process. Patients need “wrap around” support that includes: a safe and sober living environment, peer support (like AA or NA meetings), professional support through outpatient treatment, and medications if indicated.

Like other chronic or life-long illnesses, the disease of addiction requires ongoing treatment. The gold standard of treatment for addiction includes ongoing outpatient treatment, integration back into a productive life, ongoing peer support, and medications if indicated. During the first year of sobriety, the brain begins to recovery and wrap-around support allows new, healthy habits to form.

LMRC will create an individualized continuing care plan that includes recommendations for living environment, outpatient treatment, peer support meetings (AA or NA), and ongoing medical care.



Patient Education

1. Lecture Focus – Lectures provide needed information to a varied number of receivers and are presented Monday through Friday mornings and afternoons (In-depth group work follows)
2. Lecture Presenters
 - a. Medical Staff – Physician and Nurse
 - b. Counseling Staff – Case Managers and Recovery Technicians
 - c. Guest Speakers
 - d. Drug Specialists
3. Schedules
 - a. Schedule boards in the counseling center display the lectures and presenters for patient and staff use.
 - b. Case Managers receive a monthly schedule of days on duty and lecture responsibility.
4. Lecture Content
 - Neurobiology of addiction
 - Rational Emotive Therapy
 - The Recovery Process (Denial, Admittance, Acceptance, Surrender)
 - Neurotransmitters, Medication Assisted Treatment (MAT), and Medications for Opioid Use Disorder (MOUD)
 - 12-step Programming
 - Nutrition and the importance of proper eating habits that enhance physical healing
 - Exploring attitudes and communication methods that detract from or enhance sobriety.
 - Sobriety maintenance and continuing attendance at AA, CA, and NA meetings
 - Exploring options for activities other than alcohol and drug use that enhance the patient's lifestyle



**LAKESIDE-MILAM RECOVERY CENTERS
PATIENT TREATMENT & FAMILY EDUCATION SCHEDULE - KIRKLAND FACILITY**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:10 a.m.	Meditation						
7:45 a.m.	Breakfast						
8:35 a.m.	24-Hour Reading						
9:00 a.m.	Steps 1,2,3	Lecture	Lecture	Lecture	Lecture	Lecture	Process Group
10:30 a.m.	Process Group	Steps 1,2,3 Family & Patient Communication Workshop					
11:35 a.m.	Lunch						
1:00 p.m.	Visitation	Lecture	Lecture	Lecture	Lecture	Lecture	Visitation
2:00 p.m.		Process Group					
3:00 p.m.		Recreation	Recreation	Recreation	Recreation	Recreation	
3:15 p.m.	Process Group	Recreation	Recreation	Recreation	Recreation	Recreation	Process Group
4:00 p.m.	Recreation	Recreation	Store Run	Recreation	Store Run	Recreation	Recreation
4:35 p.m.	Dinner						
6:00 p.m.	Activity	Activity	Activity	Family Lecture	Activity	Activity	Activity
	12 Step Meeting						
10:00 p.m.	Meditation						
10:45 p.m.	Bed Check						
11:00 p.m.	Lights Out	Bed Check	Bed Check				
						Bed Check	Bed Check

NOTE: Individual counseling is scheduled throughout the week. *Darkened areas indicate attendance of family members permitted.

Updated: 09/2023

Lakeside-Milam Recovery Centers

Resident Guidelines

These guidelines have been developed in order to assure a positive environment for each individual's recovery. Failure to comply may result in treatment center consequences. There may be other actions that are not conducive to a therapeutic environment. Counselors will discuss with residents as needed.

1. Do not leave LMRC grounds for any reason unless accompanied by staff or authorized individual. The creek and all areas across the bridge (except group rooms and resident housing) are considered off limits. This includes parking area. Residents are not allowed nearer to the creek than the walking paths or fence along the smoking area.
2. All residents are expected to participate in all scheduled treatment activities unless excused by medical or counseling staff.
3. Meals and snacks are not optional, but part of the treatment regimen. Please be on time for meals.
4. New residents are not to place or receive phone calls or receive visitors for a period of 72 hours after admission or while on detox, whichever is longer.
5. Phone calls are limited to five minutes. No calls between 10:30 pm and 7:00 am. Use only the phones next to the Counseling Center. For additional time, see your counselor. Absolutely no cell phones are allowed.
6. Mail may be sent and received through the desk of the Counseling Center using the address of the facility. All mail and packages received will be opened in the presence of staff.
7. No smoking in buildings. Tobacco use in designated outside areas only. Chewing tobacco, e-cigs, and "vapes" are not allowed.
8. All medications used while at LMRC must be approved by the Medical Director and will be dispensed by a staff member.
9. Residents are not permitted in other residents' rooms. Doors to resident rooms must remain open during all visiting periods.
10. Do not leave motor vehicles at or near LMRC. If a vehicle must be parked in our lot, it must be kept in the upper parking lot (across the bridge) and the keys must be turned over to the Counseling Center.
11. Valuable items are to be sent home or turned over to staff for safekeeping.
12. All luggage will be turned in upon admissions.
13. All aerosol products or others containing alcohol or toxic ingredients (nail polish) will be sent home or taken upon admission and dispensed by staff.
14. Do not go back to sleep between functions. No sleeping from wake-up until after last function unless excused by the Medical Department.
15. No food is allowed in resident rooms, group rooms, or lecture rooms.
16. No food is allowed to be brought in from the outside. No chewing gum or mouthwash of any kind is allowed.
17. Beverages in cups need lids when inside the facility.
18. Be in your own room by 10:30 pm. Make an honest effort to sleep; if unable to sleep after 1:00 am, go to the Counseling Center for directions.
19. Wake-up time is 7:00 am. Beds must be made and rooms straightened by 8:30 am.
20. No showers from 10:30 pm to 6:00 am.
21. The LMRC dress code will be provided to all residents. Residents are expected to follow it.
22. Residents must be appropriately dressed when outside their sleeping rooms, including shoes. No pajamas, robes, or blankets are to be worn in the facility.
23. Visiting is on Saturday and Sunday and designated holidays from 1:00 pm to 3:00 pm. All visitors must have a signed consent on file by Thursday at noon prior to weekend visiting.
24. Family attending evening or Saturday events should arrive no more than 15 minutes early. Visiting during this time is limited to the Lecture Hall.
25. Staff makes store run on Wednesday, purchased items are disbursed on this days.
26. Each resident will be responsible for checking the bulletin board at the Counseling Center for counseling schedules, lecture schedules, group assignments, and other directions.
27. Treatment Guidelines are in effect when a resident is off-campus.
28. Residents are expected to find a temporary AA/NA/CA sponsor while in treatment.
29. No running or roughhousing in the halls or rooms. No climbing on the roof or other building structures.
30. No posters, pictures, etc. taped on walls or doors in resident rooms.
31. No gambling is allowed.
32. No hair cutting.
33. No feeding the animals.



Treatment of Opioid Use Disorder (OUD)

The synthetic opioid, fentanyl, is now the most used, illicit opioid. It is markedly stronger than oxycodone or heroin. Fentanyl has increased the overdose death rate significantly. In 2020, over 110,000 Americans died from a drug overdose. The first step in treating patients using fentanyl is to prevent overdose deaths. Narcan (generic naloxone) is a nasal spray that may reverse an opiate overdose. Narcan is available over the counter without a prescription and the cost is often covered by insurance. If your loved one is using opiates, it is vital to have Narcan available and to learn how to administer Narcan.

LMRC provides the highest standard of withdrawal management or “detox” from opiates, including fentanyl. Our medical director, Dr. Teresa Jackson, is a board-certified Addiction Medicine physician. Treatment of OUD often includes FDA approved medications (buprenorphine and naltrexone) to assist with opiate withdrawal symptoms and cravings. LMRC offers outpatient medical appointments as part of the continuing care plan.

Cannabis

The main psychoactive chemical in cannabis is Delta-9-Tetrahydrocannabinol (THC). The amount of THC in cannabis flower has markedly increased and concentrated THC is available in the form of edibles and vaporized concentrates (vaping or “dabs”).

THC binds to receptors in the brain and alters mood. The high concentration of THC in cannabis flower and the availability of concentrates of THC have a great impact on mood. The young person’s brain is particularly susceptible to the effects of THC. Withdrawal symptoms from THC are typically less severe than from opiates or alcohol but may include anxiety and insomnia. Abstaining from cannabis is a vital part of recovery to improve mood and sleep.

Methamphetamine and Cocaine

Stimulant drugs, including methamphetamine and cocaine, have a direct effect on the Pleasure Reward center of the brain through the neurotransmitter called dopamine. Dopamine is the “feel good” neurotransmitter in the brain. With ongoing use of stimulants, the brain becomes less sensitive to dopamine and tolerance quickly develops. At this point, patients struggle to enjoy life without a stimulant. Withdrawal from stimulants includes fatigue, depression, agitation, and sleep disturbances.

Stimulants are often combined with other drugs and alcohol. Fentanyl is often “cut” into cocaine or methamphetamine causing fatal overdose. Stimulant drugs may lead to a rapid decline in physical and mental health. Inpatient treatment provides safety and support during the initial withdrawal from stimulants. Ongoing “wrap around” or continuing care services are vital in the treatment of stimulant use disorder.



Diagnostic Evaluations

To determine diagnosis or lack of and make a recommendation to one of the programs below if indicated. These are provided at no charge.

Family Education

Focused lectures and group discussions about the nature of a substance use disorder and its effect on the family.

Medical Withdrawal Management

Medically supervised care (usually 2-5 days) of the individual during withdrawal from the acute effects of alcohol or any intoxicant.

Medication Assisted Treatment

Medication may be used to improve treatment effectiveness and help prevent serious relapse. Decisions regarding the use of medications are patient-centered and always combined with therapeutic wellness programming. We offer MAT in both the inpatient and outpatient setting.

Intensive Inpatient

Provides a concentrated, medically monitored residential program, combining total abstinence, good nutrition, re-education, individual and group therapy, and related therapeutic activities to detoxified individuals. Ongoing care is coordinated with our outpatient network and provided as clinically indicated.

Partial Hospitalization Program

An intensive day program meeting 4 ½ hours a day, 5 days a week for individuals living in a supportive environment.

Intensive Outpatient Program

A focused, concentrated program of group and individual therapy and evaluation for individuals who can obtain and/or maintain abstinence without inpatient treatment. The initial program includes 72 hours of intensive treatment and ongoing care as clinically indicated.

Level One Outpatient Program:

A focused, concentrated 6 week program consisting of mental health evaluation, group and individual therapy, and case management for individuals designed to treat mild substance use disorders.

**Offered at select locations*

Mental Health Outpatient Program

The mental health program services include mental health evaluations, individual and group therapy, family and relationship counseling, and case management for individuals addressing mental health issues while in recovery from a substance use disorder. Offering treatment for a wide range of mental health concerns, such as depression, anxiety, trauma, grief, and social stressors. One does not need to be in treatment at Lakeside-Milam to receive mental health services. All mental health services are provided by master's level therapists.



Washington's First Choice for Effective, Affordable Alcohol and Drug Treatment

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We can help

