

# **Waterfront Recovery Services...a Wellness Collaborative**

## **Information Sheet**

Waterfront Recovery Services (WRS) is a new 56-bed medically managed detoxification and residential addiction treatment center located at 2413 2<sup>nd</sup> Street, Eureka, CA at the former Multiple Assistance Center next to Target.

Dr. Ruby Bayan, addiction psychiatrist, will serve as the medical director for the facility which will feature multi-disciplinary staff including RNs, LVNs, substance use disorder counselors, mental health clinicians, case managers, and housing specialists. Of the 56 beds total, 20 will be for medically managed detox and 36 for longer term residential treatment.

The facility will be jointly operated by Alcohol and Drug Care Services (ADCS) and Redwood Community Action Agency (RCAA). This unique partnership will allow for comprehensive substance use disorder treatment from a multi-disciplinary team and aftercare services which include assistance with life skills, employment, education, family reunification and housing.

WRS was made possible by a \$1.6 million dollar grant funded by Providence St. Joseph Health (PSJH), the newly formed health system that includes St. Joseph Health, Humboldt County and the Well Being Trust, a new national foundation seeded by PSJH that is committed to advancing mental, emotional and spiritual wellbeing. Partnership HealthPlan of California also contributed funding and the City of Eureka provided the building.

### **Need for Project**

Humboldt County has some of the highest rates in the state for drug and alcohol related outcomes such as liver disease, cirrhosis, mortality due to alcohol and other drugs, suicide and unintentional injuries. WRS will fill a significant gap in care in our community. Prior to WRS, detoxification services were limited to the 11-bed social detox, located on C Street in Eureka, which required medical clearance at the Emergency Department prior to entry. The program was often full with a waiting list and the facility – an old Victorian house – would not meet criteria for Drug Medi-Cal certification. The new WRS facility meets Drug Medi-Cal certification standards and ADCS is in the process of applying for certification from the Department of Health Care Services.

*“Recovery emerges from hope, in the knowledge that people can and do overcome internal and external challenges.”*

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## **Frequently Asked Questions**

### **How long is the program?**

Detoxification from alcohol or drugs can range from 72 hour to 10 days, as indicated. After the detox process is complete, residents will move to the addiction treatment phase of care and can remain in residential treatment for 30 to 90 days or longer if necessary.

### **Is the program free?**

No. WRS is a fee for service program. They accept private pay, have contracts with government entities for those without resources, and are in the process of applying for certification to accept private insurance and Drug Medi-Cal.

### **What is Drug Medi-Cal?**

Drug Medi-Cal is a treatment funding source for individuals who are Medi-Cal eligible. The program provides medically necessary substance use disorder treatment services to eligible Medi-Cal beneficiaries for specific, approved services.

### **Do individuals need to go to the Emergency Department before going to WRS?**

WRS has an on-site medical director and multi-disciplinary care team to assess prospective residents prior to admission. Individuals will be transferred to the Emergency Department (or other appropriate facility such as Sempervirens) if they do not meet admission criteria and are in need of acute medical or psychiatric care or have a medical or psychiatric emergency.

### **How do I get my patient, friend or family member into WRS?**

Call the intake coordinator at (707) 269-9590 to complete the screening process. New resident intakes are accepted Monday through Friday from 9:00 a.m. to 5:00 p.m.

### **What hours is WRS open?**

WRS is staffed 24-hours a day, but will only accept new residents Monday through Friday from 9:00 a.m. to 5:00 p.m.

### **Is WRS a locked facility?**

No, it is not a locked facility. Residents are allowed to enter and exit treatment of their own free will. However, once a person agrees to enter treatment, they will be focused on recovery and only allowed to leave for very specific reasons. Similarly, visitors are not allowed except during set visiting hours.

**If a person drops out of treatment, will they be allowed a second chance?**

Yes. We believe in second chances and relapse is often a part of the path to recovery. However, there will be strict protocols and admission criteria to prevent revolving door situations.

**Is WRS a psychiatric facility for mental illness?**

No. WRS's primary purpose is to treat substance use disorders. Residents with co-occurring mental illness are allowed as long as symptoms are controlled by medication.

**What does "medically-managed" mean?**

WRS has a medical director overseeing the detoxification and treatment protocols and is certified by the State of California, Department of Health Care Services to provide [Incidental Medical Services](#), which includes:

- Obtaining medical histories.
- Monitoring health status to determine whether the health status warrants transfer of the patient in order to receive urgent or emergent care.
- Testing associated with detoxification from alcohol or drugs.
- Providing alcoholism or drug abuse recovery or treatment services.
- Overseeing patient self-administered medications.
- Treating substance abuse disorders, including detoxification.

Incidental Medical Services are services provided at a licensed residential facility by a health care practitioner that address medical issues associated with either detoxification or the provision of alcoholism or drug abuse recovery or treatment services to assist in the enhancement of treatment services. IMS does not include the provision of general primary medical care.

**What is the residential treatment program like?**

There will be individualized treatment planning and goal setting for each resident tailored to their specific needs. The following components will be included:

- Multiple individual therapy sessions per week
- Multiple evidence-based, group therapy sessions per day that include:
  - Relapse prevention and early recovery skills from the Matrix System©
  - Trauma informed care through Seeking Safety©
  - My Personal Journal, My Personal Health Journal, Courage to Change and Employee Readiness through the Change Company©
  - Interactive Journaling and Cognitive Behavioral Therapy
- Life skills classes such as resume writing, financial management, household management, and family reunification