

Boxwood Recovery Center – Web Information Sheet

A Program of Rappahannock Rapidan Community Services

Physical Address – 15511 Guinn Lane, Culpeper, VA 22701

Mailing Address – P.O. Box 1568, Culpeper, VA 22701

Office Phone: (540) 547-2760 Office Fax: (540) 829-2992 Admission Only Fax: (540) 547-2764

Boxwood Goals

Our goal is to assist you in your recovery so you are able to:

- ❖ Improve the quality of your life by recognizing and addressing the factors/problems related to your use of mood altering drugs or alcohol.
- ❖ Become educated regarding the disease of alcohol and drug addiction.
- ❖ Identify specific changes that need to occur to initiate and sustain recovery.
- ❖ Eliminate your use of substances.
- ❖ Identify needed supports and options for continued services/treatment after you leave Boxwood.
- ❖ Recognize the symptoms of relapse and develop a detailed relapse prevention plan.

What to Bring

NOTE: You May NOT Drive Yourself to Boxwood Residential or Detox

You will need enough clothes for seven days. Please limit what you bring to one large suitcase. Dress appropriately: skimpy clothes (e.g. short shorts, tank tops, sleeveless shirts, bathing suits, etc.) are NOT allowed. Do NOT bring clothes with alcohol, drug related, sexual or other inappropriate or offensive words/pictures/images.

As a prevention measure, we treat all clothes by drying them on 'Hot' in a clothes dryer. Other items may be heat treated with a steamer. Do not bring anything which cannot be dried on 'Hot' in a dryer. Do not bring other items which might be damaged if heat treated with a steamer.

Boxwood provides laundry services. We also provide all your linens (e.g. towels, washcloths, sheets. etc.). There is no cost for laundry/linen service.

Money and Valuables – We suggest you **do not** bring any personal items of significant value. We also suggest that you do not keep over \$30 cash with you at any time.

Please do not bring any prohibited items to Boxwood. These items are not allowed to ensure everyone's safety and to assist you to reach your treatment goals.

We require that some personal items be stored for you and will be available to you during your free time.

Allowable Items		Prohibited Items	
Alarm Clocks	Tobacco products	Aerosol containers	Knives or blades of any type
Astringent for Face (e.g. Neutrogena/Seabreeze/Oxy-10)	Tweezers	Air fresheners	Tank tops/sleeveless shirts
Baby powder	Watch	Gum	Guns
Baby lotion	NON-Alcoholic Aftershave	Any product containing Alcohol	Over the counter meds
Baby oil	NON-Alcoholic Deoderant	Bath salts (synthetic stimulants)	Picnic coolers
Unflavored Bottled Water (not carbonated, plastic bottles)	NON-Alcoholic Mouthwash	Binoculars	Pepper spray
Combs		Candy	Scissors
Curling Iron		Cameras	Straight razors
Denture Cleaner		Food/Sodas/Drinks	Sexually explicit books or pictures
Douches		Loose Tobacco/Rolling Papers	DVDs, CDs, etc.
Electric Razor		CD/Tape/Mp3 player/Radio/TV	Hair clippers
Nail clippers		Cell phones/Pagers	Weight lifting equipment
Long distance phone card		Irons	Nail polish and remover
Safety/Disposable razors		Hair dye or coloring	Hair spray
Shower shoes		Cigarette lighters	Electronic games
Skin lotion		Clothes with sexual or offensive Pictures/graphics/slogans	Refillable e-cigarettes
Sunblock		Clothes with drug or alcohol Slogans	Tattoo/piercing tools
Toothpaste		Computers/laptop/notebook/tablet	Liquid ink

***Any object that staff determines poses a significant risk of being used as a weapon is prohibited**

General Information

Mail

Mailing Address for U.S. Mail:
You must include PO Box #
and "Boxwood" or Post Office
will not deliver

Boxwood Recovery Center
PO Box 1568
Culpeper, VA 22701
Attention: Your Name

Physical address for delivery
By UPS, Fedex, etc.

Boxwood Recovery Center
15511 Guinn Lane
Culpeper, VA 22701
Attention: Your Name

**** All incoming mail must be opened in the presence of staff.***

***** Outgoing mail may be given to any staff to be placed in the "Outgoing Mail" receptacle.***

Office Phone/Fax

Office Phone: (540) 547-2760

Fax: (540) 829-2992

** Please do not give out Boxwood Office phone number to your friends or acquaintances. This number is to be used for emergencies only. You must have your Counselor or the Program Manager's permission to use the office phone.*

Client Phones and Use

There are client phones in each residential dorm and in detox.
You will have to purchase a long distance card to make long distance calls.

In order to ensure that everyone has access to the phones, residents must follow the guidelines below. See also Boxwood rules.

- Each Boxwood resident is allowed either two 5 minute or one 10 minute incoming or outgoing phone call each day (10 minutes total).
- Phone use is restricted to times designated as "Free Time" on the Boxwood Schedule.

**If your phone use interferes with your treatment program or creates problems for others, telephone restrictions may be imposed.*

Visiting/Family Program

The Family Program at Boxwood is held on Sunday from 1:00 to 3:00 p.m. At 1:00 p.m., there is a group involving all residents and family members. At 2:00 p.m. there is a 12-Step Recovery meeting (for residents only) and a family group for family members/significant others.

Open visiting for family/friends on the visitation list is from 3:00 to 5:00 p.m. on Sunday only.

Family/Friends may bring approved personal items for residents (e.g. cigarettes, toiletries, etc.) only during this time. Personal items will not be accepted on other days. Any exceptions must have prior written approval of the individual's counselor. All incoming items are subject to search.

Visitation is not allowed while someone is in detox.

Boxwood (this applies to both detox and residential) client must wait at least 30 days after completing treatment before returning to visit a Boxwood client. All clients who were at Boxwood during their treatment must have left before returning to Boxwood to visit.