



VALIANT LIVING

# CLIENT WELCOME PACKET



[WWW.VALIANTLIVING.COM](http://WWW.VALIANTLIVING.COM)

# WELCOME



*Hi There!*

**MY NAME IS MICHAEL DINNEEN AND I'M THE FOUNDER / CEO OF VALIANT LIVING, BUT ALSO A FELLOW ADDICT IN RECOVERY.**

I'm so glad you decided to take this journey with us. We're going to walk along side you every step of the way.

Our hope is the you find the peace, healing, and freedom you have been longing for. You deserve it!

*Let's do this!*

**MICHAEL DINNEEN**

# WHAT TO BRING

## ITEMS TO BRING INTO TREATMENT:

- Your current prescription medication in the original pharmacy bottle with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all your medications and dosages.
- Your checkbook, credit card or debit card to pay for treatment medications.
- Your insurance cards and 2 forms of identification (driver's license, passport, etc.).
- Pictures of your loved ones to keep in your room or wallet.
- Cell phone and charger.
- Laptop with charger
- Comfortable clothing for hiking, camping, outdoor activities, yoga, gym and group therapy
- Hiking boots/hiking shoes
- Sneakers
- Rain jacket or waterproof layers
- Baseball cap
- Light knit hat
- Swim trunks and towel
- Pajamas, underwear and socks
- Daypack or gym bag
- Water bottle
- Sunglasses and sunscreen
- Journal
- Musical instruments
- General Hygiene products. Nothing with alcohol.



# WHAT NOT TO BRING

**PLEASE TO NOT BRING THESE ITEMS INTO TREATMENT:**

- Drugs and alcohol
- Narcotics or prohibited prescriptions
- Weapons (guns, knives, scissors, sharp objects, etc.)
- Pornography
- Food or drinks
- Toiletries and beauty products that contain alcohol (mouthwash, cologne, etc.)
- Unapproved or previously opened OTC medications
- Video games and DVDs
- Revealing clothing (tank tops, sleeveless shirts, midriff bearing tops, etc.)
- Aerosols
- Cleaning supplies (bleach, ammonia, etc.)
- Electronics (televisions, gaming consoles, etc.)
- Games and playing cards
- Candles and incense
- Clothing with profanity or references to drugs, alcohol, or violence



# SAMPLE DAY SCHEDULE

Partial Hospitalization Program (PHP)

8:00am - 9:00am	Wellness
9:00am - 12:00pm	Group Therapy
12:00pm - 12:30pm	Lunch
12:30pm - 2:00pm	Group Therapy
2:00pm - 4:00pm	Personal Development
5:00pm - 6:00pm	Dinner

\*Evenings are reserved for 12-step groups, Alumni meeting, homework assignments, community building, and rest.

# SAMPLE DAY SCHEDULE

Intensive Outpatient Program (IOP)

Monday, 5:00pm - 8:00pm	Group Therapy
Tuesday, 7:00pm - 8:00pm	Alumni Meeting
Wednesday, 5:00pm - 8:00pm	Group Therapy
Thursday, 5:00pm - 8:00pm	Group Therapy

\*In IOP, Clients are encouraged to continue living on a schedule, work a limited schedule during the day, and begin integrating the tools learned in PHP into healthy everyday living.



# MEALS

An important part of Valiant Living's Wellness Program, is encouraging a holistic approach to recovery, including diet and nutrition. While in the PHP program, our culinary team will prepare meals for you that will help you live a balanced lifestyle.

Groceries are also provided during the PHP portion of your stay so you can customize your meals to your specific needs.

# WEEKENDS AT VALIANT

Our wellness team plans activities for you every weekend. This is an important part of your recovery. Excursions include hiking, fly fishing, top golf, and many other activities that take advantage of the beauty of Colorado.



# FREQUENTLY ASKED QUESTIONS

- Will I have my phone during treatment?
  - We look at each individual's needs differently. Typically, clients have their phone supervised for an hour a day for the first couple weeks. However, we reserve the right to give less or more depending on what's best for that person's recovery.
- Will I have a roommate?
  - That is a possibility. Housing is spacious and comfortable. Room assignments depend on the number of clients in treatment at that time and where they are in their recovery process.
- Can I bring a device to listen to music?
  - Yes. However, for the first couple weeks it will have to be a simple MP3 player. No screens or browsers.
- Are there workout facilities?
  - Yes. We have a great partnership with Club Greenwood. Clients are members for the duration of their stay with us. There is time carved out everyday for physical wellness.
- Can I have visitors?
  - Depending on your situation, day passes and overnights are granted to see family and friends. Typically this comes towards the end of your treatment process.
- Can you accommodate special dietary needs?
  - Yes. We have a chef that prepares meals for the PHP level of housing. But, we also do frequent grocery runs to make sure you have what you need.
- Do I have time to work?
  - During the PHP level of care, we strongly encourage you to not work and be fully present for your treatment. In IOP, clients are encouraged to begin integrating into a more limited work load. Depending on your work situation, special accommodations can be considered.





# THANK YOU!

We're really excited to have you a part of the program. If you have anymore questions, please contact us at the information below. We're grateful to be on this journey with you!

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