



Pacific Hope & Recovery Center Referral/Intake Information Forms



Thank you for referral to Pacific Hope & Recovery Center!

In the packet you will find the following:

- Client Information Form
- Medical Screening Form
- What to Bring to PHRC
- PHRC Client Guidelines

Please review the enclosed information with your client. We will need the client information and medical screening forms returned to us before we can schedule a bed date.

Please fax to (360) 782-9586

If you have any questions please call: (360) 373-5031 ext.5000

Client Information

First name:

Last name:

Date of Birth:

Gender:

Address:

Phone number:

Insurance Provider:

Insurance #:

Primary Care Provider (name and agency):

Phone #:

Medical Screening for KMHS Pacific Hope and Recovery

Please complete and return with KMHS Referral Packet:

1. Is the client taking any medications? Yes= please list names and doses or provide a recent (within the last week) medical provider summary.

Name of medication	Dose/mgs per pill	How many pills at what time per day	Number of pills or days available	Prescribing Doctor's name	Prescribing Doctor's office phone #	Reason for medication

2. Will the client be coming with pill bottles for each of them?

YES (Proceed to next step)

NO: We will attempt to coordinate medical care on the following day through urgent care.

Does the client understand that KMHS cannot provide emergency care services or urgent care after hours, and can the client keep themselves safe for the period of time it takes to coordinate that medical or psychiatric care?

YES: Proceed

NO: STOP, client requires acute inpatient care

3. Is the client able to self-administer their own medications?

YES: Proceed

NO: STOP, client requires acute inpatient care

4. Was the client's most recent blood pressure reading appropriate for outpatient treatment?

Top number (systolic) must be less than 180

Bottom number (diastolic) must be less than 120

YES: Proceed

NO: Pause the screening process while the medical issues are resolved.

5. Is the most recent glucose under 250?

YES: Proceed

NO: Pause the screening process while the medical issues are resolved.

N/A: Client does not have diabetes.

6. Medical conditions of current concern (things that may require medications or treatment during this residential stay)

1.

2.

3.

Special circumstances:

Seizure disorder

Clients must be seizure-free on only oral medication for 24 hours, and come with a written prescription to be filled during business hours, or 30-day supply of their seizure medications

(30 day supply: long enough to allow the unit to coordinate further care with outpatient management or refer to urgent care)

Hypertension or known, chronic high blood pressure

Clients must have 30 day supply of antihypertensive meds or written prescription to be filled during business hours.

Diabetes (other than diet-controlled)

Does the client require insulin injections?

NO: Clients must have 30 day supply of any diabetes medications or written prescription to be filled during business hours

YES: KMHS does not offer nursing services, such as glucose checks or insulin administration. Referring facility must provide a WRITTEN statement of medical clearance, including a confirmation that the client has a proven track-record of managing their own glucose checks and insulin administration. Otherwise STOP.

Client must come with their own 30-day supply of glucose monitoring strips, insulin, and injection supplies. Otherwise STOP.

Urinary Retention

KMHS does not offer nursing services, such as catheterization. Referring facility must provide a WRITTEN statement of medical clearance, including a confirmation that the client has a proven track-record of managing their own intermittent catheterization. Otherwise STOP. Client must come with their own 30-day supply of catheters.

Automatic STOP medical presentations (ask the referring facility about each check-box):

- ☐ IV line, Hep-lock, Saline-lock, Central line, PICC line or subclavian line
 - These are IV lines that stay in, or may be left in for an extended period of time, even after the client is discharged from a medical facility.
- ☐ Oxygen Required: The client cannot decline their oxygen in order to qualify.
- ☐ Foley Catheter, Condom catheter
 - Used to drain the bladder, and often come with long tubes and bags. Short catheters are small tubes and are used one time or sterilized between uses. See “Urinary Retention” above.
- ☐ Nasogastric tube
 - This is a tube that goes through the nose and into the stomach, used for feeding or decompressing gas build-up.
- ☐ A Pressure ulcer from prolonged immobility, abscess or wound care that the client themselves cannot care for. KMHS cannot care for pressure ulcers.
- ☐ Non ambulatory (can’t walk)
- ☐ Incontinence of bladder or bowels requiring nursing care (mild, “old-age” or “post-pregnancy” incontinence that can be managed by the client themselves with undergarments is fine).

OTHER:

A contagious disease

- Tuberculosis
 - Clients with tuberculosis must have a note from their doctor stating the course of treatment and medical clearance for communal lodging
- COVID-19
- Active flu or conjunctivitis
- Shingles
- (Clients with active contagious diseases must delay admission by 5 days, or 10 days from date of confirmed diagnosis for COVID-19)

Alcohol and drug use, pain medications

- We cannot accept any potential client with a Blood Alcohol Content higher than 0.08 at arrival.
- Heavy alcohol use* over 2 weeks in duration AND within the past 48 hours requires medical detoxification and will NOT be appropriate without completing detox first
- Clients with long-term benzodiazepine use like Ativan (lorazepam), Xanax (alprazolam), Klonopin (clonazepam), Librium (chlordiazepoxid) and others need to be referred to detox UNLESS they bring their scheduled outpatient medications with them in labeled pill bottles.

Otherwise STOP

- Clients with long-term opiate use like Oxycontin or Percocet (oxycodone), Lortab or Vicodin (hydrocodone), Duragesic (Fentanyl), methadone, or Suboxone (buprenorphine) must come with their medications in labeled pill bottles. **Otherwise STOP**

What to Bring to Pacific Hope & Recovery Center

- One week supply of casual clothes (no clothing that glamorizes drugs, alcohol, violence or gang activity). You have free access to a washer and dryer.
- Comfortable shoes, shower shoes
- Sleepwear, robe.
- Personal care items (shampoo, toothpaste, soap, etc.) – alcohol free, scent free, & non-aerosol products. You will have access to basic hygiene projects if needed.
- A 30-day supply of prescribed medications and doctor authorization for any over-the-counter medications including nicotine replacement lozenges or patches.
- If I refer this client to you, can they get started on psychiatric medications?
 - We will assess every client for symptoms and prescribe according to their emotional need, with the goal of getting them into an outpatient follow-up.
 - We will not **start or adjust** a long-term medication. We believe those decisions are best deferred to the outpatient provider who knows the client well, and will work with them on an ongoing basis.
- Insurance Card
- Picture identification (Driver's license, State issued ID card)
- If you use cigarettes, you must bring them with you or make arrangements to have them delivered.
 - Staff will not be able to help you in the purchase of tobacco-related items
- Music devices are allowed if they do not connect to the internet and have no camera.
- Activities: books, coloring supplies, coloring books, journals, board games.
- Personal pillow or blanket may be brought – They will be washed upon admit.

What NOT to Bring to Pacific Hope & Recovery Center

- Do not bring food, snacks, candy, gum, coffee, tea, etc.
- Do not bring any items containing alcohol and no aerosol products.
- No money or valuables. Clients will be provided a secure locker for valuables, but we recommend you do not bring valuables with you.
- No Weapons
- No clothing with drug themed wording or pictures
- No e-cigarettes and vapes.
- No OTC medications (unless you have a doctor's order)
- Any items brought that are not allowed will be locked up during your stay and returned at the time of discharge.

Cellphone usage is not permitted during your stay, cellphones will be locked in storage until discharge. We have a unit phone available for client use. Please write down any phone numbers you may need during your stay.

Please schedule any routine care appointments for after treatment. We only approve off unit appointments based on necessity. We want you to be focused on treatment during your stay.

Please leave valuables at home. Pacific Hope and Recover Centers cannot be responsible for lost, damaged, or stolen items.

Pacific Hope & Recovery Center Guidelines

1. Clients are expected to be actively engaged in treatment, attend groups and activities, and work toward successful completion.
2. Violence of any kind, both physical and verbal, will not be tolerated in this community.
3. The following items are prohibited: Weapons of any kind, pepper spray, knives, aerosol products, anything containing alcohol, drugs or paraphernalia.
4. All medications, including over-the-counter medications, will be checked in at intake and stored during the client stay.
5. Over-the-counter medications must have a doctor's note in order to be used while at PHRC. Any medication without a doctor's note will be stored until discharge.
6. Prescribed medications must be taken as prescribed while at PHRC. Changes in medication must be approved by a medical provider. Not taking medication as prescribed may result in discharge.
7. All outside appointments should be placed on hold until the client has completed the program (i.e. shopping, court hearings, probation, community corrections officers, and routine medical and dental appointments). Off unit appointments need to be approved, based on necessity.
8. Visiting hours: UPDATE: IN LIGHT OF COVID, NO VISITORS WILL BE ALLOWED IN INPATIENT BUILDINGS AT THIS TIME.
9. Be mindful of boundaries, personal space, and privacy. This includes but is not limited to, hugging, holding hands, kissing, or other physical contact.
10. Clients are not allowed to go in any bunk area or pod area besides the one they are assigned to. Clients are only to use the bathrooms in their specific pod.
11. Only one client in the restroom at a time.
12. Meals are to be consumed in the dining area only. Absolutely no food is allowed in pod areas.
13. Cell phones are not permitted on our unit. Clients will be allowed to get any needed numbers prior to the phone being locked in their locker.
14. The unit phone is available only during free-time. Phone calls are limited to 15 minutes.
15. The sensory room is limited to one person at a time with the door closed. Be mindful of the music volume. You may be asked to turn it down.
16. The computers are to be used for treatment related activities and are only to be used during assigned times.
17. Personal hair/bear trimmers and cartridge razors are allowed, but must be kept in the client lockers when not in use.
18. No clients beyond the parking lot when outside – if you cannot see the bullpen window, we cannot see you. Stay within staff view and observation.