

FREQUENTLY ASKED QUESTIONS:

How long will I be at the Recovery Center?

Your stay at the Recovery Center will be based upon your individualized needs and goals for treatment. We do not have a fixed length of stay. You and your counselor will discuss your goals for treatment and will develop a treatment plan that will inform the length of your stay.

Am I able to smoke cigarettes?

Smoking is allowed only in designated smoking areas during designated smoking times. You are not permitted to carry lighters or matches on your person; staff will make lighters accessible at designated smoking times. Smoking is prohibited from 11:00 pm – 7:00 am. Smoking is not permitted inside any St. Luke’s Penn Foundation building or vehicle. Electronic cigarettes, vapes, nicotine pouches, cigars, or chewing tobacco are not permitted. We do offer nicotine patches for smoking cessation.

Am I able to contact family and friends?

While at the Recovery Center, you can make phone calls during scheduled phone times. If you need to make a call outside of the scheduled phone times, your counselor can coordinate this. We do not allow the use of cell phones or other electronic devices while in treatment. If you need to access a computer to pay bills online, your counselor or case manager can assist you with this.

Counseling with family members or other recovery supports is encouraged during your stay. Family sessions are scheduled with your counselor and can be facilitated in person or over the phone/virtual.

What is a typical day like at the Recovery Center?

The Recovery Center has many activities to help you achieve YOUR treatment goals. These include group and individual counseling, family counseling, psychiatric care, psychoeducation, case management, care coordination, medication assisted treatment, support group meetings, yoga, parenting group, therapeutic recreation, Tai Chi Easy, and therapeutic drumming.

WEEKDAY	
6:00 am	Wake up/ADLs*
6:30 – 7:00 am	Medication
7:15 – 8:30 am	Breakfast
8:30 – 9:00 am	Group
9:30 – 11:30 am	Group
11:45 am – 1:00 pm	Lunch & Medication
1:30 – 2:15 pm	Group
2:30 – 3:15 pm	Group
3:15 – 4:45 pm	Free Time
4:45 – 6:00 pm	Dinner
6:30 – 7:15 pm	Psycho-ed or 12-step meeting
7:30 – 8:00 pm	Daily Wrap up
8:00 – 8:30 pm	Snack
9:00 – 9:30 pm	Medication
9:30 – 10:30 pm	Self-Care, Relaxation, Treatment Assignments, ADLs*
10:30 pm	Bedtime

WEEKENDS	
6:00 – 6:30 am	Wake up/ADLs*
6:30 – 7:00 am	Medication
7:15 – 8:30 am	Breakfast
8:45 – 9:15 am	Group
9:30 – 10:30 am	Group
10:45 – 11:45	Group
11:45 am – 1:00 pm	Lunch & Medication
1:15 – 2:15 pm	Life skills- Cleaning
2:30 – 3:15 pm	Therapeutic Recreation
3:15 – 4:30 pm	Free Time
4:45 – 6:00 pm	Dinner
6:30 – 7:30 pm	Alumni- Peer Group/Group
7:30 – 8:00 pm	Snack
8:00 – 9:00 pm	Team Building Activity
9:00 – 9:30 pm	Medication
9:30 – 10:30 pm	Self-Care, Relaxation, Treatment Assignments, ADLs*
10:30 PM	Bedtime

*ADLs = Activities of Daily Living

If you have additional questions about our program, please call our admissions department 215-257-6553.

