

## Denver CARES TRT FAQ

**Q: What does TRT stand for?**

A: Transitional Residential Treatment.

**Q: How is Transitional Residential different from Intensive Residential Treatment?**

A: Transitional Residential is a lower level of care that gives clients more freedom. The doors are locked, but clients are let out into the community for fresh air breaks. Later in treatment, clients are allowed to be out of the facility for most of the day to look for employment and housing.

**Q: What is the TRT program like?**

A: When you first get here, you'll be placed on orientation period, with the exceptions of frequent fresh air breaks. We breathalyze, collect random urine samples and blood alcohol level. You will be required to attend 4 counseling groups per week on a variety of topics including coping skills, Seeking Safety, relapse prevention, smoking cessation, mindfulness and meditation, CBT, grief and loss, anger management, art therapy, and many more. You will also meet with your individual counselor once per week, and may have a mental health evaluation within weeks of admission.

**Q: How do I get there?**

A: TRT is located in the same building as the Denver CARES withdrawal management (WM) center. The address is 1155 Cherokee Street, Denver CO 80204, located between 11<sup>th</sup> and 12<sup>th</sup> on Cherokee, just ½ mile south of the 16<sup>th</sup> Street Mall. Enter through the sliding glass doors on the south entrance of the building.

**Q: What should I bring with me?**

A: If you are taking medication, bring a 30-day supply of all the medications in their original, labeled prescription bottle. This is the most important thing, and you will not be admitted without them.

In addition, you can bring a small amount of clothes, hygiene items, and food. You will have space to store your personal items, as well as a small amount of space in the refrigerator and the kitchen cabinet for food. You can also bring small personal electronic devices such as your cell phone or tablet. There is WIFI in the dorm. We recommend that you lock up all valuables as Denver CARES is not responsible for any lost or stolen items.

**Q: Do I have to stay in WM first?**

A: Yes. Each client is required to spend up to 72 hours in WM to be closely monitored for any withdraw symptoms before transitioning to the TRT program. There may be exceptions if you are coming directly from another controlled facility.

**Q: What can I have with me while I'm in WM?**

A: While you're in WM your belongings are stored in our secure safe and/or lockers and will be return to you upon transitioning to TRT. If you need any phone numbers you should write them down before you present. You can have a book or journal with you in WM and it is best to wear comfortable clothes. WM has bathrooms and showers, along with body wash, paper pajamas, books and magazines, a TV, a client phone, toothbrushes and combs available.

**Q: How can people reach me while I'm in WM and in the TRT program?**

A: By using the client phones:

Male WM: 303-602-7811

Male WM: 303-602-7875

Female WM: 303-602-7808

Male TRT dorm: 303-602-7803

Female TRT dorm: 303-602-7820

You can also receive mail at the Denver CARES address:

c/o TRT, Denver CARES

1155 Cherokee Street

Denver, CO 80204

**Q: How long is the TRT program?**

A: It can range from 60-90 days.

**Q: What are the TRT dorms like?**

A: The men's dorm can accommodate up to 28 clients; women's dorm up to 14 clients. The beds are bunk style and you may share a cubicle with another person in the dorm. Each dorm has a small kitchen area with a refrigerator and microwave, a couch and TV, and a bathroom with stalls and showers. Each dorm has access to laundry facilities; we provide detergent and bedding, but you can also bring your own.

**Q: Can I work while I'm there?**

A: Yes, but not until you complete the initial 2-week orientation period. The length of orientation is between you and your counselor and is based on your compliance and readiness.

**Q: Will you find me housing?**

A: No, but we will provide as many resources as we can while you search for your own housing. Housing is not guaranteed as a part of this program.

**Q: I'm in Sobriety/Behavioral Health/Drug court - should I attend my court dates while I'm in TRT?**

A: In general, while you're on orientation you do not go to court. Your counselor will ask you to sign a release of information for your probation officer, case worker, or court team. This will allow us to communicate with the courts about your progress in TRT and when you will be able to attend court again.

**Q: I'm a justice client - what will you disclose to my PO?**

A: If you sign a release of information, UA results and program compliance are sent in weekly updates. We also contact your probation officer if you miss a bed check, blow positive numbers on a BAL, return positive UA results, placed back in WM, or if you have any behavioral issues that could lead to discharge. Aside from these things, everything you talk about is confidential.

**Q: When can my family visit?**

A: During fresh air break times: 7:30am, 9:30am, 11:00am, 12:30pm, 2:30pm, 4:00pm, 5:30pm, 7:00pm, and 9:00pm. All visits take place outside of the building.

**Q: Can I attend my child visitation/job interview/dentist appointment/other outside appointment during the initial orientation period?**

A: If you notify the treatment team during your interview of a scheduled appointment, we will attempt to accommodate the appointment and an additional day will be added to your orientation period. For anything not scheduled in advance of admission to the program, we only break orientation for urgent medical issues. Please schedule all appointments for after your initial orientation period.

**Q: Can my case manager/PO visit with me while I'm there?**

A: Yes. We have a small meeting room available in the building – please have your case manager/PO contact your counselor to arrange meetings. Otherwise, you are free to meet with your case manager or PO during any fresh air break; there are many coffee shops and restaurants within walking distance of the facility.

**Q: Can I have my cell phone during treatment?**

A: Yes. We have wifi in the dorms as well, so if you chose to bring a small personal tablet or laptop, please also bring a lock for your locker to secure these valuables when you're not using them. Denver CARES is not responsible for any lost or stolen valuables.

**Q: Do you provide food?**

A: Yes. Mealtimes are at 6:45am, 11:45am, and 4:45pm daily.

**Q: When can I leave the facility?**

A: During fresh air break times. If you get a job that requires you to be at work before the 7:30 fresh air break time, you can talk to your counselor and make arrangements to leave at 4:30am, 5:30am, or 6:30am.

**Q: Can I smoke cigarettes while in TRT?**

A: No. Denver CARES is a non-smoking facility, along with all of Denver Health Hospital property. If you chose to smoke, you can do so on your fresh air breaks, but must maintain at least a two-block radius in all directions from the building. Smoking within this radius may lead to automatic discharge from the program.

**Q: Can I take my narcotic/controlled medication if it's prescribed by my doctor or dentist?**

A: Denver CARES medication nurses will dispense narcotic/controlled medications to you, if prescribed by a doctor or dentist, for up to 7 days, one time during your stay. You cannot have any narcotic/controlled medications in the dorm – this is grounds for discharge. Please work with your doctor, dentist, or psychiatrist to find non-narcotic/controlled alternatives for your medical, dental, or psychiatric care. If it's medically necessary to remain on these medications while in treatment, we'll require a note from the prescribing doctor indicating the medical necessity.

**Q: I take methadone/suboxone – can I have it while I'm in TRT?**

A: Yes. During your WM stay, we will coordinate directly your clinic to have your daily doses delivered to CARES via courier and dispensed by our medication nurses, so you don't have to worry about missing doses. Once you complete your first day in TRT, you will resume dosing at the clinic daily on your own.

**Q: I have a car. Can I use it while I'm in TRT?**

A: We discourage clients from having vehicles while at TRT. If you do own a vehicle, we recommend that you make arrangements to store it with friends or family during your treatment.