

## Discharge Policy

Discharge planning is an ongoing, evolving process beginning within 30 days of admission. Some specific objectives a resident must meet prior to obtaining a staff approved discharge (successful completion of program)

- Demonstrate an understanding of self-destructive behaviors and evidence use of healthy and responsible choices
- Demonstrate consistent responsibility to and for self in making changes in behavior, attitude and coping skills to promote quality recovery in daily life Willingness to take responsibility for and make different the old abusive behaviors and the effect on self and others (when appropriate and reasonable)
- Willingness and motivation to continue efforts to deal with primary and secondary issues noted in goals and objectives. Have a clear understanding and plan to address personal need-to-list. •Ability to identify and express feelings and needs in appropriate manner. Willingness to take responsibility for both feelings and needs when possible and appropriate.
- Demonstrate daily practical application of the 12 Steps in daily life, and a desire to continue practicing the gift of giving
- Responsible daily maintenance of recovery program, including utilizing a female sponsor.
- Display consistency, honesty, responsibility and trustworthiness in daily walk, matching their talk.
- Completion of goals jointly arrived at and agreed to when developing master plan with counselor.

Grounds for "staff requested discharge" (non-successful completion of program)

- Repeated, consistent unwillingness to adhere to NSL guidelines and therapy format
- Repeated attempts to sabotage personal recovery and/or recovery of peers at NSL
- Resident displays unwillingness to remain at NSL that presents behavioral problems beyond NSL programming or NSL staff behavioral management capabilities.
- Repeated, consistent dishonesty in presenting resident issues that have or could reasonably be expected to have damaging impact on self and others.
- Use of any mood-altering substance or repeated nicotine use.
- Having romantic or intimate contact with others in-house or community outside-of-house.
- Getting pregnant.
- Truancy from school or work, or being kicked out of school.
- Runaway or arrested and convicted of an illegal activity.
- Possession of weapon or use of item as a weapon toward self or others.

In the event of a violation requiring written documentation, a Resident Consequence Contract will be developed to address the needs and expected behavior of the resident. The Resident Consequence Contract contains specific guidelines to target and address the problematic behavior and is agreed upon, in writing, between the resident and the counselor. Consequences will not exceed more than one month (30 days) in duration.

Procedures when resident leaves against staff advice:

- In the event of runaway, the policy is that the parent and/or legal guardian and law enforcement will be notified, specifically when a minor. Resident will be discharged with recommendation to return to referring residential treatment facility.
- In the event that the resident may become dangerous to themselves or others and leaves Next Step Living, against staff advice, the parent and/or legal guardian will be notified. The local law

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enforcement will also be notified when appropriate. Local stress center may also be notified when found appropriate.

Consequences within the NEXT STEP LIVING program will be handled initially through the following:

First infraction = 7 day house restriction\*

Second infraction = loss of weekend pass

Third infraction = discharge from program with strong recommendation to return to referring residential facility

\*house restriction allows resident to work approved schedule, attend 12 Step meetings with NSL, and no visitation allowed nor off campus activities will be permitted.

**INCIDENT REPORTING POLICY**

Documentation will be made in writing at time of any incident, including time line of event beginning to end, description of the behavior and action taken. The report will be maintained in NSL's facility file and in the resident's file.