

Welcome to Reflections!

What You Can Expect While Staying at Reflections:

- **Your own private space** (with unlimited access to common spaces, including a living room and kitchen).
- **Guests are encouraged to maintain their wellness through continued participation in community activities.**
- **An opportunity to rest and re-group**
- **Access to 1:1 peer support** (as well as the opportunity to connect as a group with others staying at the recovery community)
- **An opportunity to learn about and/or access local resources**
- **Uninterrupted access to your own existing supports and scheduled activities** (e.g., If you have a therapist you like and want to see or a job that you wish to keep working, you may do so throughout your stay)
- Access to visitors (may be in designated spaces to protect the privacy of others)
- **Support to brainstorm and establish next steps for when you leave the program.**

Limitations:

- **If you take medications, please be reminded that we are not able to hold or handle them.** However, we will provide you with a storage box to keep them locked or you can have friends or family visit to help you as needed. If requested, staff may provide reminders.
- **Average length of stay is 10 days.**
- There are no doctors or nurses at Reflections. Each guest is free to utilize his or her established medical and community resources.
- **Our ability to offer transportation is limited.** While we will do our best to be creative in working with you to access community resources to assist you in getting where you need to go, our ability to offer transportation is limited to goal related activity.

Things to bring:

- **Three days of clothing and personal toiletries.** Laundry room is available for Guest use. (Please be advised: Guest are required to place clothing into bedbug prevention box upon arrival. Toiletry items will need to be separated before placing in the hotbox.)
- **Food and drink for personal consumption or finances to purchase food items.**
- **Guests are welcome to bring electronics, books or other personal belongings.**
- **Your Wellness Recovery Action Plan and/or Psychiatric Advance Directive** if you have one.

Ultimately, our goal is to partner with you to create a healing environment through intentional peer supports and the opportunity to learn and grow.

Please ask if you have any questions!