

# The CASTLE

**Clean  
And  
Sober  
Teens  
Living  
Empowered**

***Welcome to The CASTLE***, a short-term residential program for teenagers who have substance abuse issues. Some of you may not think you have an issue, but you probably wouldn't be reading this handbook if *someone* didn't think you did! So, welcome to The CASTLE.

CASTLE stands for Clean and Sober Teens Living Empowered. Knowledge is power. Even if you don't think you have a problem with drugs or that drugs cause you problems, we hope you can get something out of the program. You will definitely get out of it what you put in!

The CASTLE program is designed to teach you how to move away and stay away from drugs and alcohol, to build your time around activities that promote a healthy lifestyle. During your stay, we encourage you to consider new ways of approaching your life to help you stay free and clear of drugs and/or alcohol.

Pleasure we feel is basically from a brain chemical called dopamine. The rush of a good grade in school, being told you did a good job, helping to win a soccer game, being praised for a great poem, piece of art, rap song, or feeling a sense of pride when you have helped another person, all of those feelings of pleasure are from dopamine! At CASTLE, we hope you learn the context of your addictions, why you choose to get high instead of doing something more productive and constructive. Pleasure is dopamine, so can you find a way to get that "rush" but through something that is more rewarding to you and others.

We are here to help!

It's important to know what we expect of you. These expectations are expressed in the twelve points of our Compass. A compass helps find directions. The Compass used at CASTLE guides our decisions to make safer the journey of life. This Compass is a guide for everyone at CASTLE: staff and patients. It is designed to help you realize you are not alone and to remind you that you, and all of us, are valuable.

Human beings want to feel valued by someone.  
It is a way for us to feel safe.  
And when you feel safe, you feel less anxious.  
And when you feel less anxious, we believe you are less likely to use.

So here are the basic guidelines for CASTLE:

1. Everyone is VALUABLE.
2. BELIEVE in yourself.
3. KNOW YOUR SELF.
4. Take RESPONSIBILITY.
5. Be RESPECTFUL.
6. Be GRATEFUL.
7. Be HONEST.
8. ACCEPT GUIDANCE
9. Be PATIENT.
10. Be GENEROUS.
11. Following rules can lead to more FREEDOM.

12. Live your life so that The CASTLE is a little better because you were here.

Violence is NOT ACCEPTABLE at The CASTLE. This is a REALLY IMPORTANT expectation. When you adopt the road map of the Compass, you can appreciate that there is no room for violence CASTLE. You can and may get *angry*, but it is what you do with that anger that is critical. No Violence!

We know that recovery is hard. Some of you use drugs that cause physical withdrawal, which can make you cranky and uncomfortable. Some of you have “psychological” addictions, which can make you cranky and uncomfortable. Some of you will just feel cranky and uncomfortable because you are in a program. Please do not take this out on us or on each other. We are all in this together, and, as you will learn, treating each other with respect is the greatest gift you can give. When you feel respected by someone else, you feel valuable and are less likely to get angry. Recovery is hard, so let's keep The CASTLE a safe place where you can get the work done you need to. So, no violence! Thanks.

This Compass guides all of us here at The CASTLE and is a pretty good guide for when you leave. This is our community, and how we treat, respect, care, and try to help each other define our values, beliefs, and direction. As we treat each other with dignity and respect, we can make The CASTLE a place where you can feel safe enough to share your secrets, and know that you will not be judged. (If you want to read a bit more on each of the Compass Points, see the end of this handbook).

The philosophy, of treating each other with dignity and respect leads to the core foundation of our program: The  $I_{max}$  Equation.

## The $I_{max}$ Equation

We believe that everyone, at any time, is doing the best he or she can. We call this their  $I_{max}$ , their current maximum potential.

The  $I_{max}$  idea means that we treat everyone with dignity and respect because we truly see them as doing the best they can. But the  $I_{max}$  is always changing, based on four domains: 1) your home, 2) your social world, 3) how you see yourself and how you think others see you, and 4) your biology, brain, and body. All around The CASTLE you will see The  $I_{max}$  Equation, which looks like this:

$$I_{max} \begin{matrix} \longrightarrow \\ \longleftarrow \end{matrix} \sum_H^n * \sum_S^n * I_C * \int_B^t$$

The $I_{max}$	Dynamic Equilibrium	Home Environment	Social Environment	How I see myself, how others see me	Biology Brain Body
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The Imax is in a dynamic equilibrium with four domains: the home environment; the social environment; the Ic or how I see myself, how I think others see me, and one's biology at this moment in time, i.e. am I hungry, tired, have diabetes, am high on heroin, am coming off heroin; one's genetic predisposition to addictions, diabetes, depression, etc. These four domains interact fluidly with each, all the time, to impact the Imax. As the Imax changes, it impacts the choices you make in the domains.

That's what a “dynamic equilibrium” means: always changing (dynamic), but always in balance (equilibrium).

The Imax concept goes throughout the program day. In the morning, you start with an Imax goal sheet, exploring what you need to work on that day in the domains. For example, you may begin to explore the interconnection between conflicts at home, how these led to using drugs and school failure, how you may have begun to see yourself as useless, angry, dismissed, and how you began to believe that others around you also saw you as useless or just a druggie. In the biological domain, you can learn how drugs impact your brain and body. Some of you may experience the throes of withdrawal and how this impacts your desire to use to avoid the cravings of your brain and body.

Imax is incorporated into the various daily groups. Patients are taught the fundamental truth that human beings are very interested in what other people think and feel, but especially interested in what are they thinking or feeling about them. All of these domains link to a deeper awareness and understanding of how they led the ‘you’ to addictions. CASTLE is an acronym for Clean and Sober Teens Living Empowered. It is this knowledge of why one uses drugs and alcohol that is the root of empowerment.

As you go through your stay at The CASTLE, the equation will be part of your assessment, part of your daily goal, and will help with your treatment. It is a way of seeing yourself and others as doing the best they can. When you see people in this way, amazing things can happen, and they will!

Please ask questions about the Imax! It is a major part of CASTLE, and we hope will help you make sense of why you do what you do. Drug and alcohol use do not happen in a vacuum. Imax is a way to make sense of the chaos of life, break it down into manageable bits, then put it back together, so when you leave here, you are at a different Imax.

Imax does not mean you will not be held responsible for your actions. Of course, you will. Even if the best you can do is not get with the program, the Imax idea is that your actions don't have to be liked or accepted but will be respected. But CASTLE has an Imax as well: we all do. So, a society or community will respond. The Imax does not mean there are not any consequences. But we will always try to understand why you do what you do, and hope you will wonder about that yourselves as well.

Now on to a few basic rules and guidelines about The CASTLE program.

#### Daily Schedule:

Each day of the program is structured to give you the opportunity to receive the information that you will need to change things in your life. When You arrive, you will be given a group schedule, so you know where to go. You will also have two hours of school per day, so you don't fall too far behind in your homework. In addition, you may meet with your clinician, nurses, and our medical director. You will be busy as you work on recovery!

#### When you first get here:

The first day we ask you to wear cool-looking scrubs, the same clothes worn by doctors and nurses in a hospital. There is a reason for this: some kids, (probably not you though) may try to sneak drugs into the program or even weapons. Being in scrubs for that first day gives everyone a chance to be safe and to get used to The CASTLE.

A red or blue wristband will be given to you soon after you arrive. This wristband assigns you to a cluster: Red or Blue. Each cluster has up to twelve kids, a clinician, a nurse, a recovery specialist, and a psychiatrist. Their pictures are on the wall across from the nurses' station, so you know who to go to if you have a question, a concern, or just want to chat.

There are a lot of questions to be asked, both by staff and by you. Some kids find the questions annoying, boring, or repetitive. Please help us out, and do the best you can. We are just trying to get to know what's going on with you so we can be as much help as possible... even if you think you don't need it, remember the Compass guideline number 8: Learn to ACCEPT GUIDANCE and DIRECTION. Life is a journey, and there will be many people to help us along the way if we are open to their presence in our life rather than resisting their feedback.

The rest of the time here you should be able to wear your regular clothes. As you read through the rest of this handbook, we hope a lot of your questions will be answered, sort of like a FAQ section of a website. Of course, you may have other questions, so ask.

#### **Clothing and Hygiene**

You can have three changes of clothes during your stay. This does not include undergarments; you can have seven changes of these items. Whew! If you have arrived here with less clothing, you can have a family member drop off necessary items. Clothes are washed on your assigned 'color' day.

The program will provide hygiene products; these items **cannot** be brought into the program. It may sound silly, but some of these products have ingredients that can get you high! Not the best thing for a substance abuse program.

## **Make-up**

No make-up is allowed.

## **Jewelry**

Most jewelry can be worn in the program. But do you really need it here? If you are admitted with jewelry, it is recommended that a family member pick it up and take care of it for you while you are here. CASTLE cannot hold onto or be held responsible for jewelry.

## **Cigarettes**

Clients are not allowed to smoke.

## **Food**

You will be provided three meals a day plus snacks. But you cannot have any other food brought in. Sorry.

## **Common Area**

There are several areas of the building designated for use during leisure time. Because you share this with your community, you may not leave your personal things in these places. These areas may also be used for group activities, so it is important that everyone do their part to keep it neat and clean.

## **Communications – Telephone/Mail**

Connections with family and other supportive people are essential to your treatment and you will be given limited, supervised access to telephone calls and mail based on your clinician's recommendations. In general, you can call only family members and guardians. In rare and unusual circumstances, the net of people you can call may be expanded... but this is rare.

## **Medication**

You are the most important person in this. Other people will tell us what they see; we bring our experience as a staff, but you are the only one who can tell us what it is like to be you and what you notice the medicine does. Your ability to tell us is huge and can help us get the medication right, or decide if you need it at all.

Medication that has been prescribed by a physician will be kept secured by the nursing staff and administered at specific times of the day. Staff will let you know when it is time to go to the nurses to get your medication.

We respect your right to refuse medication but it is strongly recommended that you discuss your situation with the medical director, clinician, and/or nursing staff before refusing medications because this change could make you sick.

Please do not share your medication with anyone. This could really make someone else sick, (remember the phrase “One person's medicine is another person's poison.) Sharing your medication with someone could also lead to your being discharged from The CASTLE.

Please be honest about your medication. If you really don't want to take it, then talk to Dr. Shrand or any available doctor or nurse. Let your clinician know as well. But be honest about whether you are really taking it or faking the taking! If Dr. Shrand thinks you are taking a medication, he will be assessing you based on that belief. Just let us know IF you don't think it's working, or you don't think you like it, or you simply don't think you need it. Let us know! Then we can deal with it together as a team.

### **Money**

Money will not be needed and cannot be kept in the program.

### **Visits**

Family members are included in the program through Family Therapy Sessions that will be arranged by your Clinician. Visits, outside of these meetings, are not permitted.

### **Discharge**

When you have finished treatment at The CASTLE, we hope you will leave behind your goodwill, your spirit of accomplishment, and a tile of your creation. These tiles will be your permanent contribution to the program, your personal legacy of your time here. In addition, we will give you a peer member number, so you can contact us if and when you need to, and so we can help you on your journey to stay clean and sober. That's part of our program, and now, your program. The CASTLE: Clean and Sober Teens Living Empowered.

***NOTE: Patients in the program will be asked to complete the following acknowledgement.***

I have received and read the handbook and agree to comply with the spirit and rules it presents.

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Name

Date

I have given this handbook to \_\_\_\_\_

on this day of \_\_\_\_\_

Staff \_\_\_\_\_

The basic guidelines for CASTLE, The Compass:

1. Everyone is VALUABLE. We all have something good and positive to offer. It is essential we remember to recognize this in everyone we meet despite individual differences in appearance or other individual characteristics.
2. BELIEVE in yourself. The first step in fulfilling your dreams is to think that you can.
3. KNOW thy SELF. Learn to appreciate your strengths and talents and weaknesses. Everyone has a treasure that can be discovered through self-examination, reflection, and safe and healthy risk-taking.
4. Be ACCOUNTABLE. No one is perfect; we all make mistakes. Taking RESPONSIBILITY is a way to take control. (or, take RESPONSIBILITY and you take CONTROL.) If it's always someone else's fault, you never have control, leaving you feeling powerless, anxious, and angry. Don't blame others for the outcome of your decisions. Be willing to admit your errors, accept the consequences, learn from your mistakes, then let go, and move on.
5. Always treat others RESPECTFULLY. Treat others as you would like to be treated. That includes how you speak to others, how you behave around them, and honoring safe and respectful boundaries.
6. CULTIVATE a GRATEFUL heart. Learn to appreciate what you have rather than looking for more or expecting something better.
7. Be OPEN and HONEST. The more you put yourself into the program, the more you will get out of it. And this may mean taking a chance, and remaining open to receiving help and opportunities for learning. There is no one here who will judge you... other than yourself. We all have secrets and we worry about how someone will view us differently if they know our secrets. Being OPEN and HONEST can help take away the fear of secrets.
8. Learn to ACCEPT GUIDANCE and DIRECTION. Life is a journey, and there will be many people to help us along the way if we are open to their presence in our life rather than resisting their feedback.
9. Exercise PATIENCE. When we remain focused on our goals and work hard to do all the things necessary to succeed, we will eventually get what we need. Impatience will only make the journey more stressful. Be patient with yourself and others.
10. Choose to GIVE. Become a leader in your community by sharing your time and talents with people that may need help.
11. Understand that to have FREEDOM, we must give up Freedom. Our actions impact others. If our actions have a negative impact on others, then society will respond; our freedom will be restricted to protect the safety and freedom of our community. As individuals, we learn to control our impulses. Just because we may feel like doing something doesn't make it okay to do!
12. Live your life in such a way that the world is a little better because you were here. Be nice, be kind, be generous, be yourself.