

Frequently Asked Questions

If I am in Intensive Out Patient (IOP), am I required to stay in Park Avenue Center housing?

If the referral recommendation from the assessment, which includes information from important collateral, states that lodging is included, that's how treatment will begin. If after the initial treatment plan is completed with the primary counselor it's determined that housing is not necessary, clients may complete an IOP level of programming without residing in the house. If the assessor recommends IOP with no lodging, that will be honored.

How long will I stay in the house?

Most clients are in lodging for approximately 6 weeks. There are factors that can shorten or lengthen this, but this is the most typical length of stay.

Can I work or go to school while living in the house?

No, clients living in the house are attending programming close to 40 hours/week. Programming for clients in IOP are approximately:

Men's: 8am to 5pm Monday through Friday + Weekend mornings

Women's: 8am to 8pm Monday through Friday + Weekend mornings

What amenities are available in the Park Avenue Center Housing?

Park Avenue Center provides bed linens, towels and pillows. If clients have their own pillow/blanket they'd like to bring they are welcome to do so. The kitchens are fully stocked with cooking utensils and while in housing, clients will visit the grocery store weekly to select food (paid for by Park) that they will prepare themselves.

Will I be allowed visitors?

Yes, there are visiting hours on Saturday's and Sunday's.

What happens after I leave the house?

Based on the treatment plan created with the client and their counselor, when clients step down from housing, it will be to an environment that is supportive to clients sobriety. Clients may step down to their own home or another place clients can stay and continue to attend the balance of their treatment. Our Social Work team will meet with clients during treatment to help identify sober housing options if necessary. Once clients step down from housing, their treatment schedule will adjust accordingly.

What should I bring with me to treatment?

Generally, clients should bring approximately 7 days of clothing and their personal hygiene products. Clothing should provide adequate coverage and be free of any references to drugs/alcohol/violence.



Personal hygiene products cannot contain alcohol or be in aerosol cans. Free laundry services are available in the houses. More information can be found on the “What to Bring to Treatment” document on this website.

I don't have a way to get to my intake appointment, can you help?

When scheduling the intake appointment, please share this with the Admissions team. Clients may also contact our Reception on the day of Intake. Transportation can easily be arranged for clients within the Metro area.

How long is treatment?

Usually clients are engaged in treatment for approximately 90 days. This will vary from client to client, depending upon their individual needs. A treatment plan will be created with the client and their primary counselor in the first few days of treatment.

What are the hours of treatment programming?

All client schedules are dependent upon their treatment plan. Treatment programming can be scheduled anytime during the windows below:

Men's

8am-5pm, Monday thru Friday for OP and IOP clients

Weekend mornings for IOP clients

6pm to 9:30pm, Monday thru Friday for Evening OP clients

Women's

8am to 8pm Monday thru Friday for OP and IOP clients

Weekend mornings for IOP clients

Can I smoke at Park Avenue Center?

At the programming buildings, smoking is allowed in outside designated areas during group break times only.

At the houses, smoking is allowed in outside designated areas up until the nightly curfew



Can I roll my own cigarettes?

Yes, clients can roll their own tobacco cigarettes. Any mess made while doing so must be cleaned up promptly by the client.

Can I have CPS supervised visits?

We found that most CPS case workers prefer not to conduct supervised visits at the houses due to the number of other clients present, however it is allowed during regular weekend visiting hours. The alternative for supervised visits is during lunch hour at the programming buildings, which is allowed.

Can I bring snacks/food with me?

Clients can bring their own food, but at the house it must be stored in the kitchen and not in client bedrooms. Food is not allowed in groups rooms, so snacking at the programming buildings must take place during break times and in break areas.

What if I need clothing or hygiene items?

Our social work team has some clothing and hygiene supplies for clients who arrive in need of these items.

When can I go on pass?

Provided expectations are met, IOP clients can earn passes starting after 7 days in treatment.

Can I still go to the AA/NA meetings that I've been attending?

Yes, while on pass. Attending meetings outside of Park cannot conflict with treatment group hours.

Why can't I have my cell phone?

Cell phone use is often a distraction from clients being fully engaged in their treatment. Additionally, the confidentiality of our clients is of the utmost importance and inappropriate use of cell phones compromises confidentiality.

Will my stuff be safe here?

The houses are secure and there are to be no clients in the house during treatment programming hours. In the event of a discharge from the residence, other clients are present ensuring a single person is not in the house unattended. In any case, we recommend that clients do not bring personal items to treatment that are of a high dollar or sentimental value.

