

Resident Council Resident Orientation Checklist

1501 San Pedro Dr, Albuquerque, NM 87108

Rules:

- The Resident Council is a liaison between residents and staff. They will maintain HIPAA privacy and can be approached for any questions, concerns, or issues you may have.
 (Note that any Suicidal/Homicidal ideations or threats will need to be reported to staff in order to provide appropriate support).
- The first 14 days you are campus-restricted as part of the adjustment and stabilization process. You are allowed to attend groups/outings if accompanied by a staff member.. There are exceptions for emergent situations (e.g. legal, medical, family emergencies, etc.). After 14 days you may request day passes. After 28 days you're eligible for overnight passes as long as you are independent on your medications. Get pass requests into your RRTP Provider ASAP. The deadline is the Wednesday of the prior week (the earlier the better). Pass requests are at nurses station.
- UA/Breathalyzer You will be breathalyzed after each pass, if behaving unusually, or at random via the VA's random selection process. UA will be administered for any pass lasting longer than 4 hours.
- Medications are given by nursing staff for the first 28 days. After 28 days you are deemed "independent" upon completion of a successful medication review. You may then take your own meds each day that are stored securely in your locker at all times.
- Smoking is not allowed on the VA campus. There are designated smoking areas available on the South lot and San Mateo gate. No butts in the building and clean up any cigarette butts you create.
- No spitting on sidewalks
- Keep public areas (TV Room, DOM Dining Room, STARR classroom) clean wipe down with Sanicloths (available at nursing station). Clean up after yourself and any messes.
- **Do not dump** personal room trash into TV Room or DOM Dining Room trash cans. Take your personal trash to outside dumpsters.
- **Verbal or physical aggression will NOT be tolerated**. If you cannot work out personal issues on a peer level, inform the nursing staff, psychologists, or social workers.
- Respect the personal refrigerator and do not take anything that does not belong to you.
 Make sure you clearly label any items that you place in the personal refrigerator.
- Be fair with the community refrigerator. All residents are to share the items in the public fridge. Please do not take more than your fair share.
- Curfew: Must be in building by 2000 and cannot leave until 0500.
- Masks will be required if COVID or any other respiratory infections are detected on the unit.
- Chores will be assigned to you beginning your second week nursing orientation on Saturday will provide more information.
- You must attend classes per the schedule you're given (either team B or D). If more than 5 minutes late you are not permitted to interrupt the class. Keep phones silenced,



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if you expect to receive a call, do not attend. If there are issues with the class, speak with the instructor after class to avoid interruptions.

- Attend your RRTP Provider meetings. This is a requirement. Missing more than two
 one-on-one meetings will result in a Solution-Focused Meeting.
- The 2nd and 4th community meetings of each month will include management attendance for addressing issues and concerns.

To-Dos:

- Enrollment in Primary Care (PCP), Bldg 41 main entrance. Bring Current VA Health Card
- Setup appointments ASAP (dental, optometry, etc.). Walk in available if 100% Service-Connected
- After 21 days, you may apply for temporary 100% Service-Connected Disability. See your RRTP Provider for more information.
- Sign up with Kelsi for a trip to 500 Gold Ave for assistance with gathering necessary documents, filing for SC, and other needs.
- Sign up for Elk's Lodge trip last Friday of each month (games, live concerts, food)
- Attend recreation therapy with our Recreation Therapist (community center, outings, etc.).
- **ASK QUESTIONS!** Residents, staff, Resident Council are a wealth of knowledge, resources, information, and assistance. **Don't be afraid to ask!**
- Give this program all you have. What you get out of this program is what you put into it.
 And remember we're all in this together so lean on your staff and residents when you need to.



Extreme Behavior Categories & Consequences

1501 San Pedro Dr, Albuquerque, NM 87108

Behaviors Leading to Immediate Discharge

Direct Physical Aggression

- Hitting
- Slapping
- Kicking
- Biting
- Shoving
- Spitting
- Throwing objects

Threatening Physical Aggression

- Graphic verbal threats of physical aggression
- Indirect threats of physical aggression or harm
- Explicit physical intimidation (standing too close, "in your face", yelling/threatening)
- Raising an object as if to throw or hit with it
- Planning an attack or harm

Illegal Behavior of Any Kind

Possession of Security Level Contraband on Unit

- Drugs
- Alcohol
- Paraphernalia
- WeaponsMajor Property Damage

Major Property Damage

Serious Sexual Harassment Allegations



Extreme Behavior Categories & Consequences

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Behaviors Leading to Solution Focused Meeting (SoFo)

- Hostile gestures
- Positive UDS
- Verbal intimidation (without physical threat)
- Name calling
- Demeaning or belittling remarks or gestures
- Taunting
- Gossiping about others
- Racial or sexually demeaning remarks
- Lying
- Deliberate and malicious false accusations
- Threatening extreme behavior (harm to self, others, property
- Entering into restricted areas (nursing station, med room, opposite-sex bathrooms, other resident rooms, out-of-bounds areas, or staff offices without permission
- Minor property damage
- Minor theft (i.e. someone else's food)
- Possession of minor contraband items
- Being off-station/off-campus without permission or without signing out
- Repeated treatment-interfering behaviors
 - Missing scheduled groups
 - Missing medical appointments
 - o Missing appointments with case manager/RRTP Provider
 - Medication non-compliance
 - Neglecting assigned chores and responsibilities
 - Missing mandatory residential meetings



RRTP Resident Council Resource Guide

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Your stay here in RRTP is primarily focused on recovery and rehabilitation. It is also a great opportunity to take advantage of opportunities the VA has to offer. Many of us may have just put off or avoided taking advantage of these opportunities. There are also likely many benefits and opportunities that you'll learn of here at the program that you had no idea existed.

Take advantage of the benefits you've earned.

Get enrolled with a Primary Care Physician (PCP)

Follow-up care is important after you finish the program. To get enrolled with a PCP, see the enrollment team in building 41 on the 1st floor. Make you bring your VA ID. Speak to your social worker if you have any questions about getting a PCP.

Financial assistance opportunities with the DAV

If you are not retired or classified as 100% Service-Connected, the volunteers at the DAV can lep you with filing the necessary paperwork with the VA for temporary 100% disability. This program is designed to help cover your stay here at the RRTP. **Do this early** so they have time to review it. You can contact the DAV at www.dav.org, at 500 Gold Ave, or here at the VA from 1000-1200 in building T62.

Obtaining medical records

Copies of your medical records with VA are available through the Privacy Office (building 41 in basement). **Make sure you bring your ID**. Some of your records are also available on the www.va.gov website (sign up required).

Pharmacy

The pharmacy is located in building 41 on the first floor. Bring your VA ID to pick up any outpatient medications when you become "independent" on day 28 of your stay. You'll also get your meds here after you discharge from the program.

Eye Exam

It is recommended that you schedule eye exams with the Optometry Clinic while in the program.

Optometry Clinic: 505-265-1711 ext. 7950

Building 41, 2nd floor B135



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Dental

If you are not 100% Service-Connected (making you eligible for dental care), you have the opportunity to receive dental care while here in the program. After you have been inpatient for **60 days**, you are eligible for dental care services. (this includes time spent in "Ward 7", if applicable).

Dental Clinic: 505-265-1711 ext. 7950

Building 41, 2nd floor B135

Sleep Study

If you're having trouble with sleep or have concerns about sleep disorders such as sleep apnea, talk with your RRTP provider about scheduling with Sleep Therapy for a sleep study.

Clothing Closet

Your RRTP provider can provide you with a voucher to visit the Clothing Closet. They are typically open from 1100-1300 Monday-Thursday. This is a free service in building 53. You are allowed 2 visits per year. **Each visit allows you:** 2 shirts, 2 pairs of pants, 2 pairs of socks, and 2 pairs of underwear. Shoes and jackets are also given out on a once-a-year basis.

Medication while in RRTP

If you have concerns about, or need more support in regards to your medications, the staff is here to help. Don't hesitate to reach out to nursing staff or your RRTP provider for help. You can also request a meeting with your team to discuss any topics you feel need to be addressed.

VA.gov (formerly myHealtheVet)

Download the VA app and create an account. This app can be used to message providers, view medical records and other VA benefit documents, check/manage appointments, refill prescriptions and more. Request help from Resident Council members should you have issues setting up the app or account.

Vocational Rehabilitation Services

"Voc-rehab" offers assistance for employment and education. Compensated Work Therapy (CWT), Employment Assistance, and Education Assistance are available through this program. Ask your RRTP Provider for a referral- it will require medical clearance.



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Housing Assistance - HUDVASH/VIC

HUDVASH provides assistance with housing for independent living. The Veteran's Integration Center (VIC) is another resources for housing. Ask your RRTP Provider for more information.

Discharge Planning

It's never too early to start planning for your discharge (especially housing). Take a few minutes each day/week to review your recovery plan. Your recovery plan is a work-in-progress by design and must be continually adapted and reviewed. Speak with your providers about outpatient care options post-discharge. It is important to have a plan to maintain the progress you've made after graduating the program.

RRTP aftercare group is also available every Wednesday at 3pm (bldg 1 rm 116

Nursing is Available 24/7

Any issues, concerns, comments, etc. can be brought up nursing at any time. Whether you need equipment like mattress-toppers or questions about your meds, the nursing staff and fellow residents are all here to help you succeed. Please do not hesitate to reach out and ask questions or voice your opinion.

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RRTP Resources

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Food

- Roadrunner food bank (<u>www.rrfb.org/find-food</u>)
- Local churches
- Community centers (hot meals)
- The Rock at Noonday (hot meals/food boxes)
- www.cabq.gov (search "food and shelter")

Housing

- HUDVASH & VIC (building 96
- First Nations
- VIASPDT Assessment of 13+ to qualify homeless needs
- Albuquerque Community Safety
- SSVF Through Goodwill/VIC. Can help with furniture, apartment fees, etc.
- VA Home Loans See your lender for more information.
- Homewise (877-322-8228)
- American Legion Post 99 Helps with utilities, pays checks directly to companies (need account(s) information).
- HelpNM Helps with utilities/rent. Requires 3 online financial classes.

Benefits/Service-Connection

- VA Office/DAV Office 500 Gold Ave SW, Albuquerque, NM 87102 Both help with benefit/disability paperwork, C&P exams, appeals, discharge status disputes, etc.(sign up with Kelsi weekly)
- www.abqvets.com Veteran-made master list of various veteran benefits updated weekly.

Employment

- Goodwill
- NM Dept. of Workforce Solutions Unemployment insurance, job placement, etc.
- Vocational Rehabilitation Federal or State
- VRNE Education assistance through Voc Rehab. Sign up with Kelsi weekly for Federal Building (500 Gold Ave)



RRTP Resources

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Behavioral Health

- BEACON Building 41. Assists with mental help.
- 911 Medical emergencies
- 988 Mental health crisis line (option 1 for veterans)
- State assistance by counties
- Local hospitals
- Compact Act Suicidal ideations/attempts. VA will cover the bill. Alert staff of your veteran status
- Psychology today
- Agora Crisis Center (local NM) www.agoracares.org or 505-277-3013

Computer Access/Classes

- Library/Community Centers
- Veteran Resource Center (VRC) at UNM/CNM for continuing education with GI Bill and other VA/service assistance
- NMDVR New Mexico's Vocational Rehabilitation program
- NM Dept. of Workforce Solutions Education assistance. Can help to get laptop.
- Hopeworks Assistance for homeless veterans

Other Resources

- Credit Karma Credit information
- Experian Temporary credit boost
- Medical/Service records are in building 41 basement.
- VSO and DAV are at 500 Gold Ave (sign up with Kelsi weekly).



Resident Council's Curated Ted Talk List

1501 San Pedro Dr, Albuquerque, NM 87108

- Teri Smith: Recovering Out Loud
- Sebastian Junger: Our Lonely Society Makes It Hard to Come Home from War
- Sebastian Junger: Why Veterans Miss War
- Johann Hari: Everything You Know About Addiction Is Wrong
- Gabor Mate: The Power of Addiction and The Addiction of Power
- Tony Hoffman: The Stigma of Addiction
- Adam Gunton: Relapse Prevention Failed How We Can Solve This Crisis Together
- Jake Tyler: "I'm Fine" Learning to Live With Depression
- Tom Gill: Redefining Recovery
- Scott Strode: Finding Sobriety on a Mountain Top
- Michael Quinn: Unmasking Addiction
- Vikram Patel: Mental Health for All by Involving All
- Heather Sarkis: Stop The Stigma Why It's Important to Talk About Mental Health
- Karen Faith: How to Talk to The Worst Parts of Yourself
- Guy Winch: How to Practice Emotional Hygiene
- Julia Rucklidge: The Surprisingly Dramatic Role of Nutrition in Mental Health
- Sean Douglas: Supporting Veterans' Mental Health and Why Identify Matters
- Garret Biss: The Unspoken Trauma All Veterans Face
- Charles Hunt: What Trauma Taught Me About Resilience
- Richard Doss: Trained Not to Cry The Challenge of Being a Soldier
- San Pao: PTSD We Are NOT Broken
- Peter Tuerk: Return from Chaos Treating PTSD
- Sebastian Junger: Why Soldiers Returning from War Have Trouble Adapting
- Brené Brown: The Power of Vulnerability



Resident Council's Curated Book Recommendations

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Habits, Purpose, and Personal Growth

• Atomic Habits - James Clear

A practical and powerful guide to building better habits post-recovery.

• Man's Search for Meaning - Viktor E. Frankl

A profound look at finding purpose and resilience in suffering.

• Can't Hurt Me - David Goggins

A story of extreme discipline, transformation, and overcoming mental barriers.

• The Power of Now - Eckhart Tolle

A modern spiritual classic about presence and self-awareness.

• This Naked Mind - Annie Grace

Challenges beliefs about alcohol and offers a mindset shift for long-term change.

Personal Stories and Memoirs

• Beautiful Boy - David Sheff

A father's story of his son's addiction, deeply compassionate and honest.

• Tweak - Nic Sheff

The son's perspective on the same journey in *Beautiful Boy*, raw and unfiltered.

• Dry - Augusten Burroughs

A powerful, witty memoir about alcoholism and the author's path to recovery.

• Lit - Mary Karr

Memoir of a poet and mother battling addiction and finding faith and sobriety.

• Broken - William Cope Moyers

A deeply personal story of relapse, recovery, and the redemptive power of treatment.

Recovery & 12-Step Focused

Alcoholics Anonymous (The Big Book) – AA World Services

The foundational text of the 12-step recovery movement.

• Narcotics Anonymous - NA World Services

The NA equivalent of the Big Book, with stories and principles for recovery.

• Living Sober - AA Literature

A practical guide to navigating life without alcohol.

• Drop the Rock - Bill P., Todd W., & Sara S.

Focuses on steps 6 and 7 — letting go of character defects.

• Twelve Steps and Twelve Traditions - Bill W.

A deeper dive into the steps and principles of Alcoholics Anonymous.



Resident Council's Curated Book Recommendations

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Trauma, Healing, and Mental Health

- The Body Keeps the Score Bessel van der Kolk
 Essential reading on how trauma affects the body and mind and how to heal.
- In the Realm of Hungry Ghosts Gabor Maté
 A compassionate exploration of addiction through the lens of trauma and pain.
- Healing the Shame That Binds You John Bradshaw
 Explores how shame fuels addiction and how to begin healing.
- Codependent No More Melody Beattie
 For understanding codependency crucial for many in recovery.
- Facing Love Addiction Pia Mellody
 Helpful for those struggling with relationship-based addictions.

Spiritual & Mindfulness

- The Untethered Soul Michael A. Singer
 A transformative book about inner freedom and self-awareness.
- The Gifts of Imperfection Brené Brown
 Embracing vulnerability and letting go of the need for control.
- A Return to Love Marianne Williamson
 A spiritual perspective on healing and reclaiming your life.
- When Things Fall Apart Pema Chödrön
 Buddhist wisdom on navigating suffering and uncertainty.
- Breathing Under Water Richard Rohr
 A Franciscan priest's spiritual take on the 12 steps.



New Resident Nursing Orientation Group

1501 San Pedro Dr, Albuquerque, NM 87108

Mailing Address

[___YOUR NAME___] BHCL/DRRTP Building 3 1501 San Pedro Dr. SE Albuquerque, NM 87108

- Telephone numbers:
 - o (505) 265-1711 ext, 6443
- DRRTP Unit: a.k.a. South Unit, CORR Unit.
- Curfew: 2200 to 0500
- Safety Rounds: Q2/24 hours (nurses will check on you every 2 hours 24/7)
- Room Inspections: Staff will go through all of your belongings (drawers, lockers, etc.)
- Toxicology Screen: Required to provide urine within 2 hours (w/o leaving unit).
- DOT Board: Remember to mark yourself in/out of the unit.
- Passes: You are allowed day passes after 14 days in residency. Overnight after 28 days.
- Medication Policy: Adhere to required med times. Once independent you will be audited.
- Sign up for meals daily. Address any dietary concerns with nursing staff.
- Maintain proper hygiene.
- Have your ID/Access Card on you at all times.
- If needed, roommate agreements can be made.
- Chores: Do your assigned **chores from 1700-1900**. New chores assigned Sundays.
- Laundry: Sign in on clipboard. Empty lint from dryer. Leave space clean and well-kept.
- Nursing Station Phone: Be considerate when others are waiting to use the phone.
- TV Room: Sign in for 1 hour time slots on sheet. Respect others while they are using the TV Room.
- Care Coordinator/Treatment Providers/Treatment Reviews: Your situation is unique. Your Care Team will
 work together (and with you) to develop the best possible treatment plan. You will have several Reviews,
 Interviews, and Check-ups throughout your stay. Attend and participate in all meetings.
- Staff/Group Meetings: **Attend all classes/meetings on your schedule** (team A or D)
- Appointments: You are expected to go to all of your VA-related appointments.
- Dental: Available for 100% SC. Available for >10% after 60 days residency. Emergent issues (severe tooth pain, abscess, broken tooth) can be seen in the Emergency Room.
- Visitors are not allowed inside of the unit.
- Campus Restriction: Must remain on campus for 14 days unless escorted by staff. Can get passes after 14 days.
- Smoking: The VA is a non-smoking campus. Smoking areas: South parking lot and San Mateo gate.
- Fire Safety: "Code Red" in building 13 indicates evacuation. Headcount is conducted outside of front door.
- Parking: Obtain a decal from the VA Police. Ask nursing staff for location.
- Standing at the Nurses Station: Maintain 6 feet of distance for safety and privacy of patients.
- Face mask and 6 feet of distance if COVID is suspected/tested positive.
- Boundaries: Respect your fellow residents and staff.
- Solution Focused Meeting: Conducted if needed to correct behaviors.
- Grounds for Immediate Discharge; (see your Resident Council Orientation Packet for list of examples)

FOOD PREFERENCE FORM - SOUTH CORR-DRRTP

Name:	Date:	Room #:
Food ALLERGIES:		
o you avoid any foods for the following r	easons? (please check all that apply to you)	
Cultural Ethnic Religious	If so, which foods:	
D	Correcto	Food Bustanasa
<u>Beverages</u>	<u>Cereals</u>	Food Preferences
Coffee: Yes No	Hot cereal: Like Dislike	
Coffee replacement options:	Cold cereal: Like Dislike	
Nothing Hot tea (black)		
Herbal tea		
Iced tea	<u>Lactose intolerance</u>	
Diet dring (Crystal Light ®	Are you lactose intolerant:	
	Yes No	
Extra Items	Answer the following ONLY if	
<u>LXII d Itemis</u>	you ARE lactose intolerant:	
Extra servings of vegetables	What items can you eat/drink without a problem	?
Yes No	Milk Cheese Yogurt	Food Dislikes
Side salad OR Chef Salad	Pudding Ice cream Custard	<u>r ood Dislikes</u>
French Italian Ranch	Can you eat food with milk cooked into them like muffins?	Are there foods you COMPLETELY avoid?
Thousand Cesar	Yes No	
Island	Would you like a milk alternative?	Fish Pork products
Fresh fruit on trays	Almond milk Soy Milk	Poultry products
Banana Orange	,	Certain Vegetables
Apple Pear		Other:
	<u>Condiments</u>	
Omelets at breakfast**	Tabasco Picante Lemon ju	
Ham & cheese Cheese	Mrs. Dash Mayo Sugar sul Mustard Ketchup Honey	
**Please note the Chef salad will	Totoliap Tiology	
replace the entree for lunch or		
dinner, and the Omelet will replace the entrée for breakfast.	Please contact the dietician Alyssa at ext. 3871 with	any questions/concerns
uie entree for preakfast.	i lease contact the dietician Alyssa at ext. 30/1 Will	any questions/concerns.

Nominate Your Nurse!



The **DAISY** Award honors extraordinary nurses for their skill, compassion, and dedication to patient care.

The nurses of RRTP are as compassionate as they are knowledgeable, and their dedication to Veterans is extraordinary.

As a fellow Veteran and RRTP resident, I encourage you to nominate a nurse you feel needs to be recognized for their effort.

Send in your nomination!



Code not working? Use link abqvets.com/daisy OR

- ☐ Visit https://www.daisyfoundation.org/
- ☐ Click "Nominate Now"
- Search with "NM" as State, "Albuquerque" as City and "Raymond G. Murphy VA" as the Title
- ☐ Click the search result "Raymond G. Murphy VA"
- ☐ Fill it out and send!



