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# Harris County Residential Treatment Center

## Program Information for New Referrals

Today, you have made the choice to embark on a journey to make positive changes in your life. At the Harris County Residential Treatment Center (HCRTC), we pride ourselves on helping individuals improve their lives by making better choices. While at HCRTC, you will be involved in various treatment groups targeting areas such as substance abuse, thinking patterns, employment, emotion regulation and others. The treatment program was designed specifically for the clients of the HCRTC, understanding the problems that the participants in the program have and using the science of cognitive based interventions to affect long-term behavior change.

At HCRTC, we recognize that each of our clients comes to us with a unique history and set of needs. We will work with you to develop a path to success in the program and after discharge, in the community. You will work with a team of individuals consisting of a Counselor, Community Supervision Officer and other providers to help you achieve the goals that you set for yourself upon arrival at HCRTC. Your success is our mission and we will be there beside you each step of the way.

In the near future, you will be provided with a date and time to report to HCRTC. We will do our best to give you a couple of days' notice prior to the day that you are expected to report. Below is some basic information about what you can have in the program, how commissary works and some answers to common questions that clients have before coming into the HCRTC. We recommend that you work on gathering the items that you want to bring in with you now so that you have everything in order when your bed becomes available.

Underwear (10)	Tennis Shoes (2)	Shower Shoes (1)
Socks (White or Black )(10)	Baseball Cap (Solid Color)(1)	Wedding Band (1)
Grey Sweat Suit (no hoodie/zipper)(1)	Beanie Style Hat (1)	Stud Earrings (1 pair)
Wave Cap (1)	Books (3)	Notebook Paper (2 packs)
Thermals (White/Beige)(1)	Hair Comb (1), Hair Brush (1)	Pocket Folders (Not Metal)(4)
Crew Neck T-Shirts (Gray or White)(7)	Watch (Plastic or Rubber)(1)	Journal (No Wires)(1)
Recreation Shorts (Gray or Black)(5)	Sunglasses (1)	Colored Pencils (24/count)(1)
Khaki Pants (No Cargo)(3)	Ear Muffs (1)	Sports Bra** (7)
White Polo Shirts (5)	Hair Ties (Black Only)(5)	** Females Only

On the day you were asked to report, please bring all of your medications and an ID with you. In addition, you may also bring a U.S. postal money order to purchase commissary items (such as snack items and toiletries).

Once you have entered the program, future commissary deposits may be made by family or friends online or in person via cash or debit/credit card. No food items or tobacco products will be allowed into the facility.

Family or friends may bring in the listed items Mon – Fri between 8 am – 5 pm during the first two weeks. Afterwards, you will need to submit a request form. If you have any questions, or need additional information, please call 281-459-8000.

## Answers to commonly asked questions:

- The Harris County Residential Treatment Center (HCRTC) uses an evidence based program design, meaning that it has been shown most effective in helping people get better and stay out of trouble, by using an integrated treatment model. This means that the program will address general high need areas such as substance abuse and criminal thinking patterns.
- While participating in treatment at the HCRTC, you will be working with a dedicated team of staff from both Harris County Community Supervision and Corrections Department (HCCSCD) and Gateway Foundation. Together, we will be working with you to teach you some new ways of thinking and new skills to help make your life better. You will be participating in treatment with other individuals that struggle with similar issues and who are there to support you along the way. After completing treatment at HCRTC, you will continue working with HCCSCD staff in the community who will support you through the completion of your term of community supervision.
- The average length of time that you will be participating in treatment at HCRTC is dependent on two key factors. The first is your unique individual needs. Each client that comes to our program is evaluated to determine what the best treatment plan should be based on various factors and assessments. The second key factor that determines length of stay is your participation in your own treatment. To graduate from HCRTC, each client must successfully progress through each phase of treatment. How quickly you progress through treatment is determined by your participation and behavior. Clients that actively participate in their own recoveries and do not exhibit negative or maladaptive behavior tend to complete the program more quickly than those clients that choose not to be so active in their recoveries.
- While participating in treatment, we work hard to keep your family support system involved in the process. Your family support system will be allowed to visit you periodically throughout the program. Additionally, your treatment provider will likely involve your family support system to make sure that you have what you need in place for when you get ready to discharge. It has been our experience that clients who have family or social support involved in their recovery will be more successful long term.

**We are excited to be a part of this journey with you. The decision to seek treatment is an admirable one and we will be here to support you each step of the way. We look forward to seeing you soon!**