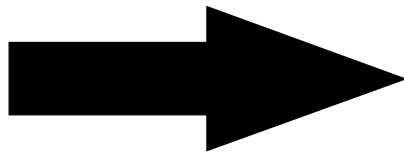
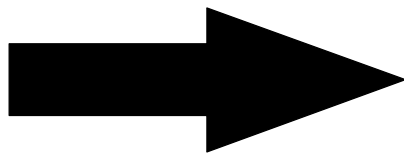


THIS PACKET OF INFORMATION IS YOURS TO KEEP. IT CONTAINS SOME VERY HELPFUL INFORMATION REGARDING DAYBREAK YOUTH SERVICES. PLEASE REVIEW IT CAREFULLY AND REFER TO IT OVER THE NEXT SEVERAL DAYS.

Do not return this
packet of
information to us.



KEEP FOR
REFERENCE



If you have any questions, please contact us!

Jaime Peterson - Admission Counselor
(509)624-3227, Extension 26
email: jpeterson@daybreakinfo.org



Inpatient - **SPOKANE**
628 S. Cowley
Spokane, WA 99202
Office: (509) 624-3227
Toll Free: (888) 454-5506 (26)
FAX: (509) 835-4272

Inpatient - **VANCOUVER**
2924 Falk Rd.
Vancouver, WA 98661
Office: (360) 750-9588
Referrals: (888) 454-5506 (26)
FAX: (360) 750-9718

INTENSIVE INPATIENT TREATMENT

Daybreak Youth Services is a private, nonprofit agency providing counseling and comprehensive treatment to adolescents and their families affected by alcohol and other drug abuse. Daybreak's inpatient facilities provide an intensive, variable length, diagnostic, and treatment environment for 16-34 teenagers. Daybreak Youth Services facilities are located in Spokane, WA and Vancouver, WA.

We serve both boys and girls, 12 to 17 years of age. Children younger than 12 years old may be accepted, depending on their circumstances.

Our admission procedure for both Spokane and Vancouver is outlined below:

1. **CALL US! Call Jaime Peterson, our Admission Counselor @ (509) 624-3227, Ext:26 OR our toll free number @1-888-454-5506.** You can also email her at jpeterson@daybreakinfo.org. During your initial phone call, preliminary information will be taken. Please note: Sometimes there is not an immediate opening, but it is not unusual for openings to arise based on changing needs and new circumstances for those on the waiting list.
2. **GET AN ASSESSMENT.** If the teenager has not already received a **chemical dependency evaluation or assessment**, please make arrangements to obtain one. The Admissions Counselor may be able to guide you in the appropriate direction. Though we will assess the needs of the client during the intake interview and during the initial weeks of treatment, accurate pre-assessment and appropriate referral is essential to the well-being of the client.
3. **KEEP THIS INFORMATION PACKET .** This is information just for you!
4. **COMPLETE AND RETURN ALL OF REFERRAL PACKET #2.** Getting this information back to **Jaime** as soon as possible will speed up the admission's process.
5. **DEVELOP A FINANCIAL PLAN WITH OUR FINANCIAL DEPARTMENT.** Please call Anna Berestoff @ (509) 624-3227 ext. 49 as soon as possible. Depending on your circumstances you may need to apply for a financial payment plan. Co-payments are due at the time of admission, unless a previous payment plan has been approved by the Financial Department. Be prepared to provide the Anne with insurance and financial information in advance. The cost for our program is \$260.00 per day. Clients applying for payment plans or partial or full scholarships must provide documentation of income (employment check stubs, most current tax return, medical coupon, etc.).
6. **Clients must:**
 - * **Submit results of a recent physical examination (within past 90 days) and,**
 - * **Submit results of a tuberculin (TB) skin test (within past year) prior to entering treatment.**
7. **COMMUNICATE! Maintain consistent contact** with Jaime advising her of any changes in your situation. Keep her informed of your availability to schedule your admission.

SCHOOL CREDITS

The School Program

Your child can earn academic credits during his/her stay with Daybreak Youth Services. Each client spends two hours per day in class with certified secondary teachers, and an hour per day in physical education. Our school program is associated with the Contract-School program at the local alternative secondary school. Under this program students earn credits based upon the amount of work they have satisfactorily completed, not upon the amount of time they spend in class. Past students who have worked diligently and used their time well have managed to earn a semester's credit in as many as three different subjects - this in spite of the short school day and short duration of their inpatient stay. **It should also be mentioned that clients, who have failed to meet the criteria for completed work, have received no credits regardless of the amount of time they have actually spent in the classroom.**

Official Records of Credits Earned

It should be stressed that official records of your child's earned credits are *not* kept on site here at Daybreak. Official records are available from the following addresses or numbers:

SPOKANE

Student Records
Spokane Public Schools, District # 81 200 N. Bernard Spokane,
Washington 99201
FAX#: (509) 354-5910

VANCOUVER

Vancouver School District #37 at (360) 313-4351.

When your child enters school after his/her discharge from the Daybreak program, the receiving school must contact the individual schools for official transcripts.

It should also be noted that, like nearly all other schools, the grades your child earns will be recorded at the end of each semester. The fall semester generally runs from Labor Day until mid-January. The spring semester generally runs from mid-January to mid-June.

If you have any questions concerning your child's school work while here at Daybreak, please feel free to contact us:

SPOKANE

LuAnn Cummings or Curtis Stamey
(509) 624-3227, ext. 28
email-lcumming@daybreakinfo.org
or cstamey@daybreakinfo.org

VANCOUVER

Michael Ott
Vancouver, Treatment Director
360-750-9588
mott@daybreakinfo.org

Attention Parents Important Medication Information

Medications:

- Prescription:** If the teenager is taking prescription medications he/she **MUST** bring them in the **original container with the original label (prescription/doctor's orders attached to them)**. Preferably, have your pharmacy "**bubble pack**" the prescription medications as this makes it simple for self-administration by the client. All medications are kept locked up in a medication room. The staff assists/supervises the clients in self-administering all medications, according to doctor's orders.
- Over-the-counter OR non-prescription:** We cannot supply your child with any over-the-counter medications that are not on our Physician's Standing Orders. If your child regularly takes any non-prescription medications such as pain medication, decongestants, antacids, etc., they must appear on the following list of over-the-counter/non-prescription medications. Your child **MUST** bring them to treatment, in the original unopened containers.

These medications will be labeled with the client's name and kept locked up until needed. When the medication is needed it will be self-administered according to manufacturer's directions, under staff supervision.

The following list of over-the-counter/non-prescription medications are on our Physician's Standing Orders. You may provide these for your child while he/she is in treatment.

<p>Antiseptics: <i>Hibiciens</i></p> <p>Decongestant <i>Pseudoephedrine Hydrochloride</i></p> <p>*Antihistamine <i>Benadrine Tablets or Capsules</i> <i>Caladryl Lotion</i></p> <p>Ointments <i>Vaseline</i> <i>Polysporin ointment</i></p> <p>Analgesics <i>Acetaminophen: Do not use in liver-impaired patients</i> <i>Ibuprofen: Do not use if taking Lithium or have peptic ulcer disease.</i></p> <p>Antacids <i>Mylanta tablets or liquid.</i> <i>Maalox tablets or liquid.</i> <i>Tums (Tablets)</i></p>	<p>Miscellaneous <i>Desenex Foot Powder or Micatin Spray.</i> <i>Chloraseptic Spray</i> <i>Anti-Dandruff Shampoo</i> <i>Lice Treatment Shampoo</i> <i>Ceruminex (Debrox)</i> <i>Visine (Artificial Tears)</i> <i>Anbesol</i> <i>Robitussin DM</i> <i>Metamucil</i> <i>Milk of Magnesia</i> <i>Immodium AD (2 mg caplets)</i> <i>Sunscreen</i> <i>WaterJel Unburn</i></p> <p>(Due to State Law, we cannot deviate from this list without a physician's written orders.)</p>
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Daybreak does not supply the above over-the-counter/non-prescription medications free of charge. The cost for individual packets of certain medications are priced at \$.50/each. Your child may purchase some, but not all, of the above medications through our "Store," if needed.

Note: Daybreak does not supply feminine hygiene products free of charge. Our female client's may purchase these products through our "Daybreak Store."

A "PACKING LIST" AS YOU PREPARE FOR ADMISSION TO DAYBREAK.

BRING NO MORE THAN 40 ITEMS

Do not bring an excess of clothing OR other items - WE DO NOT HAVE THE SPACE! Excess clothing & other items will be sent home with parent.

IMPORTANT - PUT NAME ON ALL CLOTHING WITH A PERMANENT LAUNDRY PEN BEFORE YOU PACK!

LAUNDRY: Staff does client's laundry all together so don't send any fine washables OR special instruction garments...we try but can't guarantee the care they would get at home!

BRING ANY COMBINATION OF THE FOLLOWING (NO MORE THAN 40 ITEMS):

- Shoes - athletic or comfortable
- Shower shoes
- Coat or jacket
- Sweatshirts
- Pants and shorts, walking length
- PJs OR Sweats (for sleeping/lounging)
- MUST** have sleeping apparel
- Tops or shirts, short and long sleeve
- Underwear
- Socks

In addition to the 40 clothing items you may bring a reasonable number of the following:

Towels & Wash Cloths, Plastic Coat Hangers, Toothpaste, toothbrush with a cover (a travel toothbrush works great!), *Journal or Diary, envelopes, stamps pencils (NO Pens!),* a battery operaed music player (either a CD Player or an MP3 players that takes disposable batteries (**NO IPODS**), *appropriate personal photographs (no glass in any frames),* unopened "powder" make-up, foundation and eyeshadow, mascara, fingernail clippers, tweezers, disposable razors, *personal blanket or comforter, pillow, books.*

YES - Bring A Photo/Picture ID, *if at all possible.*

YES - \$20.00 Cash or Check for Personal Account and \$ 8.00 for "Locker" Lock Deposit

NOT ALLOWED TO BRING THE "NO" STUFF

- NO - Aerosol products, cleaning products or shoe cleaning products.
- NO - Cigarettes, lighters, matches, etc.
- NO - IPODS or other devices that need to be charged by an outlet or a computer.
- NO - Do not bring anything that could be used as a weapon - nail files, scissors, mirrors, etc.
- NO - Gum or food of any kind - The Department of Health will not allow food in rooms.
- NO - Incense, candles, or air fresheners.
- NO - Clothing that is demeaning to others, supports gang-involvement, criminal behavior or drug use.
- NO - Skirts, dresses, short-shorts, halter tops, string/spaghetti strap blouses/tops or shoes with heels
- NO - Magazines.
- NO - Beauty products (including lip products that do not meet the approved guidelines.)
- NO - Magic markers OR permanent markers.
- NO - Tampons or sannitary napkins (must be purchased on site or through the internet.)
- NO - Mouthwash.
- NO - Nail polish or nail polish remover.
- NO - Face wash except for sealed boxes of medicated face products such as *Proactive.*
- NO - Cell Phones or beepers

IF YOU HAVE JEWELRY- *you run the risk of losing it!*
We suggest you no bring any jewelery or other valuables.

NOTE: To reduce the risk of contraband entering the program, all personal care products **MUST** be either purchased from the Daybreak Store or ordered from mainstream websites such as www.walgreens.com or www.drugstore.com. If the youth's supplies are purchased and shipped, they must be the items that are approved to have in the building.

IF YOU HAVE DOUBTS AS TO WHETHER OR NOT IT IS APPROPRIATE, JUST DON'T BRING IT... LEAVE YOUR DOUBTS AT HOME

PLEASE NOTE!

Parents, please be sure to bring with you to the intake, your **current** insurance card and/or medical coupon. We need to have copies of both.

You should bring \$8.00 for a lock deposit for your personal closet; you will not be allowed to turn the lock in for cash. You may purchase personal hygiene items and over-the-counter medications from the Daybreak Store if you have money on your account. So, parents - Please be sure to bring at least \$20.00 (in cash or check) for your child's personal account and \$8.00 (in cash or check) for the "Locker" Lock Deposit. Bring \$28.00 total.

Cameras are permitted - will be kept locked up in the staff office. Photo taking will only be allowed with staff supervision, at your coin ceremony. Taking pictures of other clients/residents will only be allowed if they have a signed release on file. Unauthorized photo taking will result in the film being confiscated and destroyed to protect the confidentiality of all our clients/residents.

\$ 6.00 FOR LOCK

\$ 20.00 FOR ACCOUNT

\$ 28.00 TOTAL

BRING!

REMINDER!

REMEMBER, IF YOU LEAVE THE PROGRAM AND DO NOT TAKE YOUR ITEMS WITH YOU WHEN YOU LEAVE, DAYBREAK WILL HOLD YOUR BELONGINGS FOR NO MORE THAN 30 DAYS, AFTER WHICH TIME DAYBREAK WILL THEN DONATE YOUR ITEMS TO GOODWILL - NO EXCEPTIONS!

THIS MEANS ALL ITEMS!

Daybreak attempts to make ALL our clients/residents feel as comfortable as possible by allowing them to bring *some* items that will help make their space feel more "like home."

**CHECK
YOUR
LIST!**

- Do you have your current insurance card and/or your current medical coupon?
- Have you forgotten anything?
- Did you pack only essential "YES" stuff?
- Did you leave the "NO" stuff at home?
- Did you limit the number of items?
- Did you leave "nonessential" items at home?

HERE ARE ANSWERS TO 21 OF THE MOST FREQUENTLY ASKED QUESTIONS REGARDING DAYBREAK'S PROGRAM:

- #1 - WHAT CAN WE EXPECT DURING THE INTAKE PORTION OF ADMISSION? (Page 1)
- #2 - HOW IMPORTANT IS THE INTAKE? (Page 1)
- #3 - WHAT CAN WE EXPECT DURING THE CHECK IN PORTION OF ADMISSION? (Page 1)
- #4 - WHAT ARE THE RULES OR REGULATIONS REGARDING TOBACCO USE? (Page 1)
- #5 - WHAT ABOUT PHONE CALLS? (Page 1)
- #6 - WHAT ABOUT INCOMING CALLS - CALLS FROM THE OUTSIDE TO DAYBREAK? (Page 2)
- #7 - WHAT ABOUT OUTGOING CALLS - CALLS HOME? (Page 2)
- #8 - WHAT ABOUT COMMUNICATING THROUGH EMAIL? (Page 2)
- #9 - CAN WE VISIT? (Page 2)
- #10 - WHAT ABOUT MUSIC? (Page 2)
- #11 - WHAT ABOUT MONEY DURING THE TREATMENT STAY? (Page 3)
- #12 - WHAT ABOUT PURCHASING NECESSITIES? (Page 3)
- #13 - WHAT ABOUT ATTENDING 12-STEP MEETINGS WITH AA OR NA? (Page 3)
- #14 - WHAT ABOUT FOOD? (Page 3)
- #15 - WHAT ABOUT ILLNESS? (Page 3)
- #16 - WHAT ABOUT MEDICATIONS? (Page 4)
- #17 - WHAT ABOUT RELIGIOUS OBSERVANCE DURING THE TREATMENT STAY? (Page 4)
- #18 - WHAT KIND OF CHORES ARE ASSIGNED? (Page 4)
- #19 - WHAT ABOUT FULFILLMENT/COMPLETION OF COMMUNITY SERVICE HOURS? (Page 4)
- #20 - WHAT HAPPENS IF SOMEONE RUNS DURING THE TREATMENT STAY? (Page 4)
- #21 - WHAT HAPPENS WHEN TREATMENT IS SUCCESSFUL? (Page 5)

DEAR CLIENT AND PARENT(S)/GUARDIAN(S),

QUESTION #1

WHAT CAN WE EXPECT DURING THE INTAKE PORTION OF ADMISSION?

*A two to three (2 - 3) hour process - The Intake Counselor will gather history to learn your specific needs and expectations.

*You may meet with our team to formalize and finalize financial arrangements and parents will need to sign necessary placement paperwork.

*If requested, we can also arrange a meeting with the school teacher(s) regarding educational needs.

*Feel free to ask any questions. It is important that you are comfortable with and understand Daybreak's treatment philosophy, approach, and process.

IMPORTANT!!! During the intake, please inform Daybreak staff of any special dietary needs, food/medication allergies, or medical conditions. We do everything we can to accommodate these needs. Dietary restrictions, such as lactose intolerance, must be evidenced by a Dr.'s prescription.

QUESTION #2

HOW IMPORTANT IS THE INTAKE?

*THE INTAKE PROCESS IS EXTREMELY IMPORTANT TO THE COURSE OF TREATMENT!

*WE DO REQUIRE THAT A PARENT, PARENTS, OR LEGAL GUARDIANS BE PRESENT.

REMEMBER - PLAN ON 2 - 3 HOURS FOR THE INTAKE

QUESTION #3

WHAT CAN WE EXPECT DURING THE CHECK IN PORTION OF ADMISSION?

*Later in the day, after the intake, the client and belongings will be thoroughly searched to insure that no contraband enters the facility.

*If restricted items are found, they will be confiscated by Daybreak.

*We will confiscate illegal items such as drugs, cigarettes, or weapons.

QUESTION #4

WHAT ARE THE RULES OR REGULATIONS REGARDING TOBACCO USE?

*Daybreak Inpatient is a totally tobacco-free facility.

*The use of tobacco in and outside the facility is prohibited.

*Clients are expected to remain tobacco free during their entire treatment stay.

*The possession OR use of tobacco by clients is not allowed.

*We ask that parents/guardians refrain from using tobacco while visiting their children.

We are aware that many of our clients have an addiction to nicotine as well as to other substances. We also know that the desire and demand to smoke cigarettes or use other forms of tobacco may become an issue during treatment. Our policy is to treat our clients for addiction to all harmful substances and behaviors. Our experience has been that clients who do not sneak tobacco usually have no problem with this transition.

QUESTION #5

WHAT ABOUT PHONE CALLS?

SPOKANE

Clients may make **outgoing** calls only or by special arrangement with the Primary Counselor.

VANCOUVER Call-in times:

Daily are from 4:30 p.m. - 5:30 p.m.

Phone calls are limited to 10 minutes to parents/guardians and are monitored by staff members.

QUESTION #11

WHAT ABOUT MONEY DURING THE TREATMENT STAY?

- *Clients are not allowed to have money in their possession during their treatment stay.
- *Any personal money must be placed into their account.
- *Clients will have access to this money Monday through Friday, 8:00 a.m. to 2:00 p.m.
- * If parents/guardians want money to be added to a client account, the money will be placed in an envelope, sealed, the client's name will be placed on the envelope and the client and staff member will initial the envelope before placing it in the lock box located in the Business Office.

QUESTION #12

PURCHASING NECESSITIES?

- *Daybreak stocks needed personal hygiene products. Clients may purchase shampoo, toothpaste, over-the-counter medications, hygiene and personal items from Daybreak if parent/guardian choose not to ship items. The cost for these items is deducted from the client's account.
- * All personal care products will be either purchased from the Daybreak Store or they will be ordered from mainstream websites such as www.walgreens.com or www.drugstore.com and shipped directly to Daybreak in the youth's name. If the youth's supplies are purchased and shipped, they must be items that are approved to have in the building.

QUESTION #13

WHAT ABOUT 12-STEP SUPPORT MEETINGS?

- *The 12-Step philosophy of Alcoholics Anonymous and Narcotics Anonymous is introduced in our program.
- *We believe participation in support groups, both during and after treatment, is vital to a total recovery program.
- *1 or 2 12-step meetings may be attended every week in or outside the facility.

QUESTION #14

WHAT ABOUT FOOD?

- *All meals at Daybreak are prepared by staff. We insure that well-balanced, nutritious meals are available for our clients.
- *Daybreak provides education regarding proper nutrition.
- *We encourage clients to take what they want in the food line. We ask them not to be wasteful.
- *Because staff supervision is important at mealtime, staff members sit in the dining room with the clients and monitor their behavior.
- *Traditionally, a client volunteer offers a prayer before each meal. Clients not wishing to participate in meal time prayers are asked to sit quietly.
- *Parents/Guardians: Please do not give your child food, candy, gum, soda pop, etc. We keep sugar intake at a minimum during the treatment stay. The Department of Health does not allow any food to be kept in the client rooms.

QUESTION #15

WHAT ABOUT ILLNESS?

- *All staff members are trained in First Aid and CPR.
- *IN SPOKANE - Should physical or medical complaints arise, we generally have clients see one of our nurse practioners. The nurse practioner is available as needed.
- *IN SPOKANE - We generally use Bates Walk-in Clinic or Deaconess Emergency Room for immediate attention or emergency situations.
- *IN VANCOUVER - We generally use Urgent Care for immediate attention or emergency situations.
- *We encourage parents/guardians of clients who are local, to provide transportation to their own family doctors. We will, however, transport them in emergencies or when the parents/guardians are not available to do so.

OTHER GOOD THINGS TO KNOW REGARDING MEDICAL CARE

IMPORTANT!!! During the intake, please inform Daybreak staff of any special dietary needs, food/medication allergies, or medical conditions. We do everything we can to accommodate these needs. Dietary restrictions, such as lactose intolerance or Diabetes management, must be evidenced by a Dr.'s prescription.

*All clients must have a recent physical exam, within 90 days, prior to entering Daybreak, and results of a current TB test, within the last year.

***We must have a current medical coupon or insurance card in order to take clients to the doctor or emergency room.**

QUESTION #16

WHAT ABOUT MEDICATIONS?

*Without the written authorization of a medical doctor, The Department of Health does not allow us to give over-the-counter medications which are not listed on our Physician's Standing Orders.

*We must have parent's/guardian's written permission in order to allow clients to take over-the-counter medications that are not on our Physician's Standing Orders.

*Clients who are taking over-the-counter medications, with parent's/guardian's approval, (such as non-aspirin or Pepto-Bismal) may bring these items ONLY in an unopened container.

*Medications that treat the same symptoms will not be given simultaneously.

*Clients are not allowed to share bottles of medications.

*Over-the-counter medications will be given to the client according to the directions on the package. Any deviation from those directions must be in writing from the parents/guardians.

*Over-the-counter medications may also be purchased at Daybreak. The cost will be deducted from the client's account.

ALL MEDICATIONS BROUGHT INTO THE BUILDING MUST BE DECLARED BY THE PARENTS/GUARDIANS.

QUESTION #17

WHAT ABOUT RELIGIOUS OBSERVANCE DURING THE TREATMENT STAY?

*The rights of our clients to observe their religious faith is respected and encouraged within the boundaries of State and Federal law.

*Prayers before meals are a part of Daybreak's daily routine. These prayers are voluntary. No one is required to participate.

*Parents/guardians are encouraged to take their children to the church of their choice. Because of staffing limitations, it is the responsibility of the parents/guardians to transport their children to and from church.

QUESTION #18

WHAT KIND OF CHORES ARE ASSIGNED?

*The general maintenance of the facility is the responsibility of the Daybreak staff, however, daily chores such as making beds, cleaning rooms, vacuuming, or cleaning mirrors may be assigned as part of the treatment plan. We believe this helps develop responsibility, and increases environmental awareness.

QUESTION #19

WHAT ABOUT FULFILLMENT/COMPLETION OF COMMUNITY SERVICE HOURS?

*Clients with requirements to complete community service hours can sometimes be assigned special work tasks during their free time.

QUESTION #20

WHAT HAPPENS IF SOMEONE RUNS DURING THE TREATMENT STAY?

Early in treatment, some clients experience strong urges to run from the program. The use of drugs keeps many from learning to cope with their feelings, which may lead to impulsive running behavior. Running is sometimes an attempt to convince parents/guardians to allow them to return home.

*When a client decides to run, every effort is made to dissuade them.

*All external doors are equipped with alarmed, time-delayed locks in an effort to delay impulsive running, allowing staff the time to intervene.

*If the client leaves the premises, we may attempt to follow them. If we do, we communicate continually with on site staff. If we can, we attempt to talk to the client and encourage them to return to the program. Once we have established that the client has run away, we file a run report with local authorities and call the family, caseworker, and probation officer..

*In Spokane, we also contact Crosswalk (the local shelter for runaways).

*If the parents/guardians are not home, repeated efforts are made to contact them. If possible, we leave a message.

*If the client does not return to Daybreak within 12 hours, their belongings are bagged up, labeled, and stored. We make every effort to keep them from becoming lost or stolen.

However, Daybreak will not be responsible for items lost.

QUESTION #21

WHAT HAPPENS WHEN TREATMENT IS COMPLETED?

THE CLOSURE CEREMONY

The Closure Ceremony is a very important milestone, marking a client's successful completion of a life-changing program.

For many, it represents their first success in years, or since their drug or alcohol use began. For this reason, parents/guardians/families/siblings are encouraged to participate in honoring their graduating loved one and our client. These events tend to be very emotional - we provide Kleenex!

QUESTION #22

CAN CLIENTS LEAVE THE PROGRAM WITH GUARDIANS DURING TREATMENT?

Therapeutic outings are sometimes arranged with the Primary Counselor, if such an outing is seen to be a necessary addition to the treatment plan. These outings happen most often toward the end of treatment, are of short duration (several hours) and focus on skill teaching, skill building and development of the home contract, etc.



Serving teens and families
troubled by alcohol and other drug use

www.daybreakinfo.org

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Spokane, WA 99202
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Toll Free: (888) 454-5506 (x 26)
FAX: (509) 835-4272

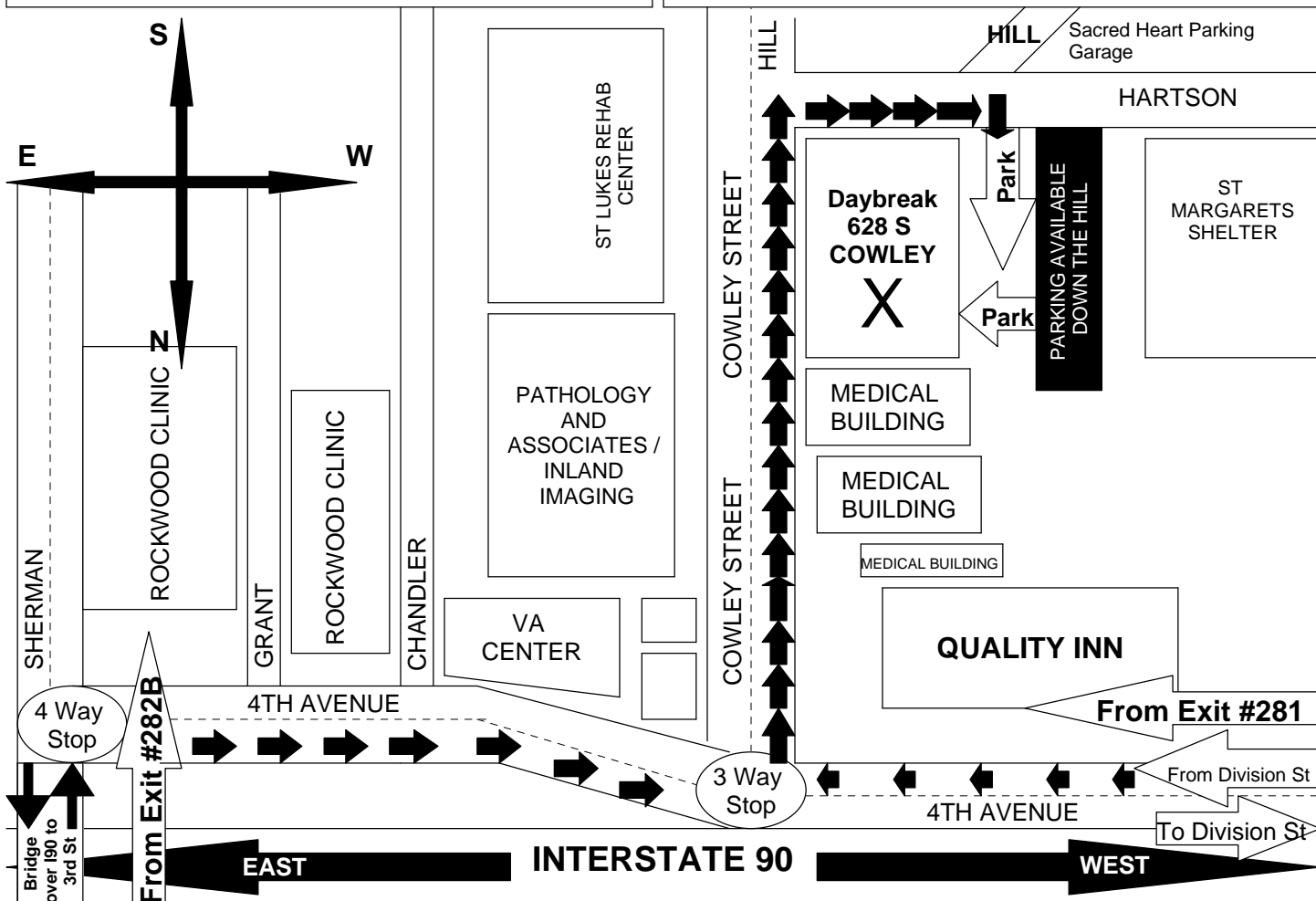
DIRECTIONS TO THE SPOKANE INPATIENT FACILITY

APPROACHING FROM THE EAST - HEADING WEST ON INTERSTATE 90:

- * **Take the Second Avenue Exit #282 B.**
- * Heading West, stay in the far left lane.
- * Go through the 1st stop light, which will be Arthur.
- * Continue heading West (straight), stay in the far left lane.
- * At 2nd stop light, which is Sherman, take a left turn, head South.
- * Stay in the far right lane.
- * Go through the next stop light, at Sherman and 3rd Ave.
- * At the 4-way stop sign, 5th Ave. E., take a right (West) turn.
- * Stay in the left lane.
- * At the next stop sign, a 3-way stop @ Cowley, take a left (South) turn.
- * Go one *long* block and BEFORE you go up the hill...
- * Daybreak will be on your right (located at the corner of Cowley and Hartson)

APPROACHING FROM THE WEST - HEADING EAST ON INTERSTATE 90:

- * **Take the Division Street Exit #281.**
- * Stay to the right of the exit ramp, following the signs for "South Division."
- * Cross Division St. at the stop light. (Heading East/parallel to Interstate 90.
- * Continue on for 1 block on 4th Avenue, past the Budget Inn (which will be on your right).
- * Turn right (South) on Cowley.
- * Go one *long* block and BEFORE you go up the hill...
- * Daybreak will be on your right (located at the corner of Cowley and Hartson)





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FAX: (360) 750-9718

DIRECTIONS TO THE VANCOUVER INPATIENT FACILITY

APPROACHING FROM THE NORTH or SOUTH ON INTERSTATE 5 (I 5):

- * Take INTERSTATE 5 to Exit #2/SR 500 Orchards
- * Head East for approximately 2 miles.
- * Take a Right on to Falk Rd.
- * Head South for about 7 blocks to the "Fir Grove Children's Center" sign, on the Right.
- * Take a Right into the parking lot, go straight back, around to the right side of the building.

APPROACHING FROM THE NORTH or SOUTH ON INTERSTATE 205 (I 205):

- * Take INTERSTATE 205 to Exit 30/SR 500/Vancouver West
- * At 42nd & Falk Rd, turn left on to Falk Rd
- * Head South for about 7 blocks to the "Fir Grove Children's Center" sign, on the Right.
- * Take a Right into the parking lot, go straight back, around to the right side of the building.

