



Thank you for your interest in Residential Treatment with True North Recovery, Inc.

A completed packet must include all documents listed below.

Application Checklist

- TNR Intake Form (Required for all TNR services)
- Residential Application (Client Profile 5 pages)
- Health Screening/Clearance to Participate (3 pages)
 - **To be completed by a Health Care Provider within the past 45 days. ****
- Behavioral Health Assessment (3.1 or 3.5 recommended level of care, completed within the past 6 months, inclusive of ASAM)
- Release of Information (ROI)—for any referring providers, OCS, Medical Doctors, Probation, Case Management etc. (must include witness signature)
- Contact Preferences (gives permission to leave a message with you or listed persons)

Applications can be completed online at www.tnrak.org, faxed to (907) 357-8781, scanned and sent via email to admin@tnrak.org, or mailed to:

True North Recovery Inc.
2700 E Broadview Ave
Wasilla, AK 99654

Please contact Wasilla Day One Center at (907) 313-1333 for any questions regarding the application process.

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Client Profile

To help guide your treatment in a manner that best meets your unique needs, please include the following information:

Identifying Data:

Full Legal Name: _____ DOB: _____ SSN: _____

What is your Maiden Name? _____ Not Applicable

Physical Address: _____

Mailing Address: _____

Home Phone: _____ Cell Phone: _____

Miscellaneous:

List all medications/supplements/vitamins you are currently taking: _____

What date are you available to enter treatment? _____

Billing Information/Authorization

Expected Payment Source (check all that apply):

Insurance Medicaid (includes Denali Kid Care) Self-Pay Other

Medicaid ID number: _____

Client Information

Are you female (defined as having female reproductive organs)? Yes No

Are you male (defined as having male reproductive organs)? Yes No

Marital Status: (please circle) Married - Living as married - Widowed/Widower – Separated - Single (never married)
Divorced: how long? _____

Race: (Please Circle) Aleut - American Indian – Asian – Athabascan - Black/African American – Caucasian – Hispanic –
Inupiat – Tsimshian - Native Hawaiian – Tlingit - Pacific Islander – Yupik –
Other Alaska Native _____ Other _____

Legal Status:

None/No involvement

Probation/Parole

Court Ordered for alcohol treatment

30 Day Commitment

Informal Probation

Court Ordered for mental health treatment

90 Day Commitment

Incarcerated

Court Ordered for observation and evaluation

180 Day Commitment

Case Pending

Other _____

Emergency Commitment

Deferred Prosecution

Office of Children Services

Community Sentencing

Military Status: (please circle) Never in Military- Active duty (combat)- Active duty (non-combat)- Reserves (combat)-
Reserves (non-combat)- Retired (combat)-Retired (non-combat)- Military Dependent

Have you ever been charged with a crime against a vulnerable person (child, elderly, or disabled)? _____

If yes, please explain: _____

Have you ever been charged with arson? _____

If yes, please explain: _____

Are you required by state or federal authorities to register as a sexual offender? _____

If yes, please explain: _____

READINESS TO LEARN:

How do you like to learn? Watching Reading Listening Doing

What language is spoken primarily in your home? _____

Do you speak a second language? Yes No If YES, what language? _____

Do you need an interpreter? Yes No

Do you have special needs? (Check all that apply)

Diagnosed memory and/or learning disabilities Severe Hearing Loss or Deaf

Do you need auditory aids? Hearing aids Other _____

Visual Impairment or Blind

Do you need visual aids? Magnifying glasses Large print material Braille Other _____

Major Difficulty in Ambulating; physical limitations Diagnosed chronic sleep problems

Organic brain disorder Traumatic Brain Injury Other _____

What problem(s) brought you here today? (check all that apply)

Alcohol problems

Domestic violence

Depression

Drug problems

Marital/Relationship Problems

Psychological/emotional

Alcohol/drug problems

Family problems (non-marital)

Suicide Attempt/Threat

Legal problems

Social/Interpersonal

Victim of Child Abuse

Victim of Sexual abuse

Perpetrator of Sexual Abuse

Perpetrator of Child Abuse

Other: _____

What goals would you like to achieve to improve your quality of living? (check all that apply)

Regaining custody of children/parenting issues

Lack of stress management skills

Social network problem (I.e. drug using friends/acquaintances)

Education issues

Lack of sober, social support

Poor communication skills and/or poor

Lack of self-esteem, self-confidence, or positive identity

Conflict management skills

Lack of structure and time management skills

Housing

Financial concerns or unpaid bills

Other: Please explain Below:

FAMILY/SOCIAL HISTORY:

Where do you live currently? _____ Monthly household Income: _____

Living Arrangements: Alone With Children With Spouse/Significant Other

With Parents With Other Relatives With Non-Related Person

Homeless Incarcerated Shelter

Where and with whom will you live after completing treatment? _____

Are you Pregnant? No Yes If YES, what is your due date? _____

Do you Have Children? No Yes

Are you the primary caretaker of your children? No Yes

If YES, have you arranged for childcare while you participate in treatment? No Yes

SPIRITUALITY:

During the past month, how would you rate your sense of connectedness, spirituality or relationship with a higher power?

- Excellent Good/Improving Fair/Not Changing Not Good Very Bad Other:

How important is spirituality in your life?

- Very important Somewhat Important Not Very Important Not At All Important

How often do you spend time on regular spiritual practices?

- Every day or almost every day Several times a month Occasionally Very rarely Not at all

What is your religious affiliation, if any? _____

Is there anything else that you would like us to know about your religious/cultural/spiritual practices?

SUBSTANCE USE:

What is your drug of choice? _____

When is the last time you used alcohol and/or other drugs? _____

Are you currently injecting drugs? No Yes

Do you use Tobacco Products? No Cigarettes Smokeless tobacco (chew) Other

List your goal or goals for the future: _____

Describe your personal challenges or things that make it difficult to reach your goals: _____

What would you like to gain from treatment that would support your recovery goals?

MENTAL HEALTH SUMMARY:

Prior mental health history: (Check all that apply)

- No history Counseling Medication management Hospitalization

Are you currently involved in mental health services? No Yes If YES, with whom? _____

During the past 12 months, did you take any medication that was prescribed to treat a mental health or emotional condition? No Yes If YES, please list medication and dosage:

Dates of prior mental health hospitalizations: _____

PHYSICAL HEALTH SUMMARY:

Have you undergone, or are you currently undergoing hormonal therapy for transgender surgery? _____

If yes, is this process completed (physical surgery, hormonal treatment, and emotional counseling components)?

When was this process completed? _____

Do you intend to undergo hormonal therapy for transgender surgery while admitted to this program? _____

In general, how would you describe your current health? Excellent Very Good Good Fair Poor

Have you had any unplanned weight changes in the last 12 months? No Yes If YES, please explain:

Do you have nutritional concerns? No Yes If YES, please explain:

Do you have a primary medical provider? No Yes If YES, Who?

If you do not have health benefits, what is your financial plan for prescribed medications? _____

Do you have allergies to foods or medications? No Yes If YES, please list:

Do you have any chronic health or pain issues? No Yes If YES, please explain: _____

SELF-ADMINISTRATION OF MEDICATION ATTESTATION

I, _____, am able to self-administer the medication(s) prescribed to me, including if needed, the physician approved over-the-counter medications. It will be my responsibility to ask staff to retrieve my medication from the secure area when it is time for me to take my medication. I will assist in the documentation process by documenting each time I take medication on the “Self-Administration of Medication Form”.

SIGNATURE: _____ DATE: _____

CONTACT PREFERENCES

I, _____, DOB: _____, REQUEST/AUTHORIZE TRUE NORTH TO: _____ DISCLOSE
(CLIENT NAME) INFORMATION TO AND/OR _____ (INITIAL) OBTAIN INFORMATION REGARDING MYSELF USING THE FOLLOWING
CONTACT INFORMATION: (INITIAL)

CLIENT NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIPCODE _____

EMAIL: _____

FAX NUMBER: (If applicable) _____

MAIN PHONE: * _____ *TNR may leave a voice or text message at this number

(PLEASE LIST ALL OTHER NUMBERS THAT WE MAY USE TO CONTACT YOU)

- 1) # _____ RELATION _____ OK TO LEAVE MESSAGE? ___ YES ___ NO
- 2) # _____ RELATION _____ OK TO LEAVE MESSAGE? ___ YES ___ NO
- 3) # _____ RELATION _____ OK TO LEAVE MESSAGE? ___ YES ___ NO
- 4) # _____ RELATION _____ OK TO LEAVE MESSAGE? ___ YES ___ NO

INITIAL:

_____ I understand that the information in this correspondence may contain information relating to my substance use diagnosis and/or treatment, mental health diagnosis and/or treatment, and/or Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS)

_____ I understand that my alcohol and/or drug treatment records are protected under the federal regulations governing Confidentiality of Alcohol and Drug Patient Records, 42 C.F.R. Part 2, and the Health Insurance Portability and Accountability Act of 1996 (“HIPAA”), 45 C.F.R. Pts. 160 & 164, and cannot be disclosed without my written consent unless otherwise provided for in the regulations. I understand that the agencies identified above may not condition my treatment on whether I sign a consent form, but that in certain circumstances I may be denied treatment if I do not sign a consent form.

_____ I understand and consent to the use of all electronic communication, text messaging and email and that they all have potential security risks.

CLIENT SIGNATURE

PRINTED NAME

DATE

SIGNATURE OF PARENT
GUARDIAN/REPRESENTATIVE

PRINTED NAME

DATE

WITNESS SIGNATURE

PRINTED NAME

DATE

DISCLOSURE OF ALCOHOL AND DRUG TREATMENT INFORMATION

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I UNDERSTAND THAT I MAY BE DENIED SERVICES IF I REFUSE TO CONSENT TO A DISCLOSURE FOR THE PURPOSES OF TREATMENT, PAYMENT OR HEALTH CARE OPERATIONS, IF ALLOWED BY STATE LAW. I WILL NOT BE DENIED SERVICES IF I REFUSE TO CONSENT TO A DISCLOSURE FOR OTHER PURPOSES.

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I UNDERSTAND THAT I MAY REVOKE A CONSENT IN WRITING AT ANY TIME, EXCEPT TO THE EXTENT THAT ACTION BASED ON THIS CONSENT HAS ALREADY BEEN TAKEN. SEE RECEPTION FOR INSTRUCTIONS TO REVOKE A CONSENT. IF TREATMENT IS MANDATED AS PART OF PROBATION REQUIREMENTS, A CONSENT MAY NOT BE REVOKED UNTIL CONDITIONS OF PROBATION ARE MET OR PROBATION ENDS.

I HAVE A RIGHT TO RECEIVE A COPY OF THIS SIGNED AUTHORIZATION. I ALSO UNDERSTAND THAT UPON MY WRITTEN REQUEST, TNR MUST PROVIDE A RECORD OF DISCLOSURES MADE FOR LEGAL, ADMINISTRATIVE OR QUALITY ASSURANCE PURPOSES.

NOTICE

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SIGNATURE OF CLIENT

PRINT NAME

DATE

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Patient Name: _____
 Date of Birth: _____
 Phone Number: _____
 Emergency Contact: _____



Health Screening and Clearance to Participate

The following form must be completed in full, by your health care provider, to participate in True North Recovery Inc.'s, Vita Nova Residential Treatment Program.

Does this patient require detoxification prior to entering treatment? No Yes
 Does this patient have any physical impairments/limitations? No Yes (If YES, please explain):

Are there any reportable communicable diseases? No Yes (If YES, please explain):

Is the patient pregnant? No Yes (If YES, Due Date): _____

Diphtheria/Tetanus Booster: Current immunization required date given: ___/___/___

List known food or environmental allergies: _____

MEDICATION ALLERGIES:

List all the patients' current prescription medications: (please use reverse side if needed for additional meds)

MEDICATION	DOSAGE	FREQUENCY AND ROUTE	INDICATION

If the patient is prescribed, addictive or narcotic medications are there non-narcotic alternatives? No Yes
 If YES, please list:

PHYSICAL EXAMINATION

SYSTEM	NORMAL	ABNORMAL	SYSTEM	NORMAL	ABNORMAL
VITAL SIGNS			ABDOMEN		
HEENT			EXTREM./MSK		
NECK/THYROID			NEUROLOGICAL		
CARDIOVASCULAR			SKIN		
PULMONARY			OTHER:		

True North Recovery Inc. is not rated as an assisted living facility. Therefore, potential clients must be able to perform the following activities without assistance: Daily living activities (such as cooking, cleaning, toileting, bathing/showering, dressing etc.), entering/exiting a building and general mobility (may use medical devices such as a wheelchair or walker.)

Is the patient able to perform these activities without assistance? No Yes

LABORATORY/RADIOGRAPHY

REQUIRED FOR ADMISSION	
*TB date: Quantiferon Gold (-) <input type="checkbox"/> (+) <input type="checkbox"/> CXR if (+) Quantiferon (+) <input type="checkbox"/> (wnl) <input type="checkbox"/>	
ELECTIVE / NOT REQUIRED FOR ADMISSION	
hCG date: <input type="checkbox"/> (-) <input type="checkbox"/> (+)	CBC date: <input type="checkbox"/> (wnl) <input type="checkbox"/> (abnl)_____
UA date: <input type="checkbox"/> (wnl) <input type="checkbox"/> (abnl)_____	

Approved Over the Counter Medications

****Provider**:** Mark Yes or No for the following medication to indicate your approval status

MEDICATION	APPROVED	NOT APPROVED	SAMPLE USES
Acetaminophen (Tylenol)	YES	NO	500 mg by mouth every 6 hours as needed for PAIN/HEADACHE/FEVER [Maximum 2000 mg/24hours]
Ibuprofen (Advil, Motrin) 400 mg	YES	NO	400 mg by mouth every 6 hours as needed for PAIN/HEADACHE/MENSTRUAL CRAMPS/FEVER [Maximum 1600 mg/24hours]
Naproxen(Aleve)	YES	NO	220 mg by mouth every 8 hours as needed for PAIN/HEADACHE/MENSTRUAL CRAMPS
Calcium Carbonate (Tums)	YES	NO	1000 mg by mouth every 4 hours as needed for HEARTBURN
Bismuth Subsalicylate (Pepto-Bismol)	YES	NO	30 ml. or two 262 mg tablets by mouth every 4 hours as needed for HEARTBURN/INDIGESTION/DIARRHEA
Lactaid	YES	NO	1 tablet by mouth when eating dairy products as needed for LACTOSE INTOLERANCE
Multi-vitamin	YES	NO	1 tablet by mouth daily as needed for NUTRITIONAL SUPPLEMENT
Loratadine (Claritin)	YES	NO	10 mg by mouth daily as needed for SEASONAL ALLERGIES
(Halls, cough drop) 1 lozenge	YES	NO	Cough Suppressant - 1 lozenge by mouth every 1 hour as needed for COUGH/SORE THROAT
Diphenhydramine hydrochloride (Benadryl)	YES	NO	25 mg by mouth every 4 hours as needed for SEVERE ITCHING/NASAL CONGESTION
Benzocaine local anesthetics (Orajel)	YES	NO	apply gel directly to sore tooth or gum every 6 hours as needed for TOOTH/GUM PAIN
OTHER: _____	YES	NO	
OTHER: _____	YES	NO	

This patient has been medically evaluated and cleared to participate in residential treatment, which may include, groups and other activities for 8 or more hours per day.

No Yes

This patient has been medically evaluated and cleared to live in a group atmosphere.

No Yes

This patient has been medically cleared to participate in moderate aerobic and strength training exercises.

No Yes

I have evaluated _____ and believe that this patient is capable and competent to self-administer his or her own medication, as prescribed.

PROVIDER SIGNATURE AND CREDENTIALS

DATE

PROVIDER NAME PRINTED

PHONE NUMBER

NAME OF CLINIC OR OFFICE

True North Recovery
591 S. Knik Goose Bay Rd
Wasilla, AK 99654
Phone (907) 313 1333 Fax (907) 357-8781
CONSENT FOR DISCLOSURE OF INFORMATION

I, _____, **DOB:** _____, REQUEST/AUTHORIZE TRUE NORTH TO: _____ DISCLOSE
(CLIENT NAME) (INITIAL)
INFORMATION TO AND/OR _____ OBTAIN INFORMATION FROM:

NAME OF ORGANIZATION AND/OR INDIVIDUAL _____

MAILING ADDRESS _____

PHONE: _____ **FAX PHONE:** _____ **EMAIL:** _____

I Authorize the release and/or disclosure of the following clinical treatment records:

INITIAL ALL THAT APPLY.

___ ALL LISTED BELOW OR

- | | |
|--------------------------------------------|------------------------------------|
| ___ UA RESULTS | ___ ATTENDANCE |
| ___ ASSESSMENT/INTERPRETIVE SUMMARY | ___ DISCHARGE SUMMARY |
| ___ TREATMENT PLAN/CASE REVIEWS | ___ PROGRESS NOTES, TREATMENT/PLAN |
| ___ LEAVE MSG FOR CLIENT TO CONTACT AGENCT | ___ NOTES, OR CLOSING SUMMARY |
| ___ FINANCIAL INFORMATION AND ATTENDENCE | ___ OTHER _____ |

___ ALL DATES OF SERVICES OR DATE or DATE RANGE of RECORDS TO BE RELEASED: _____

FOR THE PURPOSE OF: **(INITIAL ALL THAT APPLY)**

___ ALL LISTED BELOW OR

- | | |
|--------------------------------------------|------------------------------------|
| ___ FURTHER TREATMENT/COORDINATION OF CARE | ___ FINANCIAL |
| ___ AT THE REQUEST OF THE CLIENT | ___ PAYMENT HEALTH CARE OPERATIONS |
| ___ LEGAL PURPOSES | ___ OTHER _____ |

This ROI expires one year from the date is was signed, unless it is rescinded below.

INITIAL

_____ I UNDERSTAND THAT THE INFORMATION IN THIS HEALTH RECORD MAY CONTAIN INFORMATION RELATING TO SUBSTANCE USE DIAGNOSIS AND/OR TREATMENT, MENTAL HELTH DIAGNOSIS AND/OR TREATMENT AND/OR HUMAN IMMUNODEFICIENCY VIRIUS (HIV) AND AQUIRED IMMUNE DEFICIENCT SYNDROME (AIDS)

I HAVE READ THE BACK OF THIS CONSENT AND HAVE BEEN PROVIDED WITH A COPY OF MY RIGHTS UNDER AND RESPONSIBILITIES AND UNDERSTAND THE PURPOSE OF THIS CONSENT

SIGNATURE OF CLIENT

PRINT NAME

DATE

SIGNATURE OF PARENT
GUARDIAN/REPRESENTATIVE

PRINT NAME

DATE

SIGNATURE OF WITNESS

PRINT NAME

DATE

STOP ONLY SIGN BELOW IF YOU ARE WANTING TO RESCIND YOUR ORIGINAL AUTHORIZATION FOR RELEASE OF INFORMATION. IF YOU WISH TO CHANGE THE INFORMATION TO BE RELEASE YOU WILL NEED TO SIGN A NEW ROI.

SIGNATURE OF CLIENT

PRINT NAME

DATE

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SIGNATURE OF CLIENT

PRINT NAME

DATE

APPROVED ITEMS TO BRING

Documents

- Photo I.D. (this is required)
- Calling card for long distance calls; local calls are free of charge.
- Stamps
- Social Security Card (if you have one)
- Medicaid Insurance Card (if you have one)
- Private Insurance Card
- Food Stamp Card (if you have one)
- Any important documentation you will need while in treatment (court documents etc.)
- Address book and phone numbers of sober support and loved ones

Clothing

Laundry facility and laundry detergent will be provided free of charge

- Warm Coat
- Light jacket
- Winter Gear
- 7 changes of clothing (No clothing with logos that depict alcohol, tobacco, violence, profanity, or sexual messages)
- 1 set of dress attire for church or special events
- 2 sets of exercise clothing
- 2 pajamas
- 7 pairs of socks
- 1 bathrobe
- 1 pair of indoor slippers
- 1 pair of everyday shoes
- 1 pair exercise shoes
- 1 pair of dress shoes
- 4 bras
- Underwear

Personal Toiletry Items

Alcohol MAY NOT be in the first 2 ingredients in these toiletries except for shampoo and conditioner and all toiletries must be brand new.

- Prescription glasses
 - Contact lenses (if wearing contacts)
 - 1 contact solution (if wearing contacts)
 - 1 shampoo
 - 1 conditioner
 - 1 hair styling product (kept in locker)
 - 1 body wash or soap bar
 - 1 face wash
 - 1 face moisturizer
 - 1 pack Q-tips
 - 1 deodorant
 - 1 shave cream (optional)
 - 4 razors (kept in the locker)
 - 1 lotion
 - 1 nail clipper for toes/ 1 for nails
 - 1 nail file
 - 1 set of dentures/cleaner/glue (if you have dentures)
 - 1 toothbrush
 - 1 toothpaste
 - 1 water bottle
 - 1 travel size hairspray (will be kept in the office)
 - 1 body spray (aerosol free)
 - 1 box of tampons or 1 bag of pads
 - 1-quart size Ziploc bag of makeup
- ### Optional Items
- 1 large priority box 12 ¼” x 12 ¼ x 6” of approved reading materials—recovery related literature, daily devotions, spiritual, self-help, educational etc.
 - 1 large priority box 12 ¼” x 12 ¼ x 6” of coping materials—sewing knitting, beading, scrapbooking etc.
 - Cell phone may be used only while out on pass

**If you do not have the financial ability to purchase these items, your case manager can assist you in obtaining the community resources necessary to provide for your needs.

PROHIBITED ITEMS

- Candles
- Air fresheners
- Febreze
- Aerosol sprays of any kind
- Gum
- Unmarked hygiene items or powder
- Excessive amounts of money (\$100) or expensive jewelry. The program is not responsible for lost or stolen items.
- Personal vehicle
- Electronic device such as laptops or tablets
- DVD movies
- Unapproved or previously opened over-the counter medications
- Pornography or sex toys
- Mood altering substances of any kind, legal or illegal, i.e., marijuana, spice k2, bath salts, herbal incense, kratom
- Firearms or Ammunition
- Weapons or any items that could be used as a weapon, i.e., knives, needles
- Loose razor blades
- Illegal drugs
- Drug paraphernalia
- Alcoholic beverages
- Synthetic drugs including but not limited to synthetic cannabinoid

**A personal belongings container with limited space is available to secure valuable personal belongings such as excessive money or expensive jewelry. However, if possible, it may be best to arrange with a friend or family member to secure those items for you. If you have any additional questions or concerns, please call.

REFFERAL FOR ADMISSION

To be completed by referring provider/agency, if applicable.

Applicant Name: _____ Date of Birth: _____ Age: _____

Physical Address (street/city/state/zip): _____

Mailing address (if different from residence): _____

Describe applicant's motivation to commit treatment:

- Motivated (understands she/he needs help and willing to do what it takes to get it)
- Ambivalent (acknowledges that others see she/he has a problem, but not fully prepared to deal with it. Accepting of treatment only with strong external motivators)
- Denial (unwilling to accept that she has problem despite evidence to the contrary)
- Resistant (denies problem, actively refusing or fighting efforts to provide help)

Describe the main problem(s) for which the applicant is being referred. _____
What does the applicant describe as the main problem(s)? _____

Has the applicant ever been referred/received substance abuse/dependence treatment? No Yes If YES, briefly describe (when, where, and the outcome). _____

Has there been a substance uses assessment in the last 90 days? No Yes If YES, Where? _____

Is the assessment attached to this referral? No Yes

Has applicant ever been referred/received mental health treatment? No Yes If YES, briefly describe when, where, and the outcome: _____

Is applicant receiving mental health treatment now? No Yes If YES, please name provider _____

Referral Information: (IF APPLICABLE)

Referring Individual Name: _____ Relationship to applicant: _____

Referring Agency Name (if applicable): _____

Address: _____

Phone: () _____ FAX# _____ Email: _____

Will the client be returning to you after treatment? No Yes

If NO, who will provide follow-up care: _____

Referrer contact information (phone number/email address): _____

Referral Agent Signature: _____ **Date:** _____