



# Tapestry

Premier Program by Pyramid Healthcare

## WHAT TO BRING:

- » Clothing; (limited closet space for hanging clothing/plenty of drawer space)
- » Toiletries (including feminine products)
- » Medications
- » Comfortable clothing for yoga
- » Comfortable clothing and appropriate shoes for equine therapy
- » Bathing suit
- » Journal for writing
- » Any recovery books to share
- » Favorite recipe to share
- » Cell phone
- » Laptop computer (see Technology Utilization Agreement)

Please note that clients are **only allowed to bring 2 electronic devices** that are able to connect to the internet

## Financial Coordination:

For any financial coordination please contact the Administrative Office at **(828) 884-2475**.

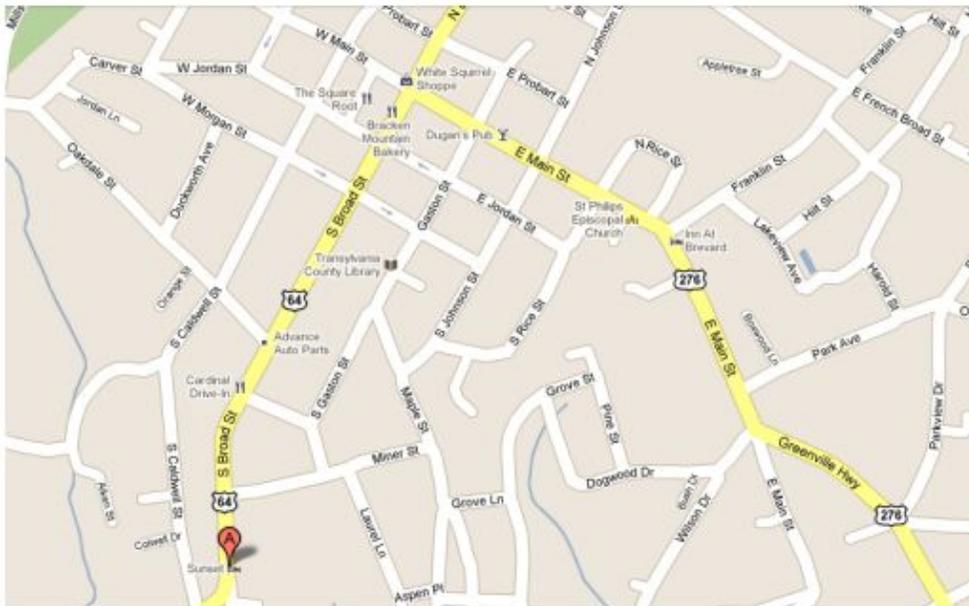
## How to get here:

Because we do not allow residents to have vehicles on the premises, we ask that they be dropped off at our facility. If resident is flying in or otherwise needs to arrange to be picked up, please contact our program at **(828) 884-2475**.

## Directions:

### From I-26

Take old exit 9, new exit 30 (Airport exit) onto 280. Go west on 280 (Turn right coming away from Asheville or left traveling towards Asheville). The Hwy 280 will take you directly into Brevard. Continue on 280 (also becomes 64/Broad St.). Go past Brevard College, cross Main St., pass library, At this point you will want to be in the left lane. At the next light you will see a BP on your right and a Sunset Motel on your left. The facility is a large blue house after the Sunset Motel. The driveway is just past the light on your left, welcome...



## WELCOME

We are glad you are with us and are eager to assist you on your journey to wholeness. We want your experience to be both comfortable and productive. This information is for you to keep. It is to help orient you to our program.

Our goal is to provide support and guidance in a setting most like your home. We hope to do this in a way that builds on individual recovery strengths while offering the opportunity to learn and grow from individual challenges.

Tapestry is residential care. This is different from other levels of care in that it is more intensive than outpatient treatment but not as intensive as inpatient care. In order for you to remain eligible for this program you must stay medically stable and ask for help with your eating disorder thoughts, feelings and behaviors. We regard our relationship with you as a partnership. We believe that together we can overturn the tyranny of living with an eating disorder and help you to find your way to a more authentic and satisfying life. As such, we ask that you remain honest with us about your progress in the program: you can expect the same from our staff.

Meals are supported rather than supervised; that is, we are there to assist you with your goals at mealtimes, not to 'catch you' in unhealthy patterns, but to help you find balance and health. The same applies to scheduled group exercise activities. There may be times when you need an added level of support and accountability to your care, such as not being left alone at difficult times, going for lab work or being weighed weekly to monitor your safety. We are here to provide that extra support for you.

While Tapestry is group-oriented and structured, the community-based and voluntary nature of the program means that there will be opportunities to practice new behaviors on your own. We look forward to assisting you in navigating the challenges of independence over the course of treatment and are confident that you will find what you need, here with us.

Warm Regards,

**The Tapestry Staff**

## **Tapestry Program Information**

Tapestry is a Voluntary Program. That means that this is your program and you are responsible for your actions and their consequences. Making the choice to take action in your recovery is important! The decision to be here is yours. Congratulations!

What we ask of you: While at Tapestry, we expect that you participate so that we have the opportunity to see your progress. This means that you show up and participate in individual and group activities. We ask that you plan in advance and communicate needs to staff in a timely manner around prescription refills, requests and weekend passes so that we have time to be prepared and you have time to prepare. We need you to be respectful of yourself and others in the way you communicate and in your actions.

What we expect from you: Positive Change! This means developing new coping skills for harmful behavior and demonstrating them at Tapestry so you can experience positive change. We are looking for willingness and flexibility and for clients to challenge themselves with learning new, helpful behaviors.

What you can expect from us: Dedication and support. We know recovery takes time and practice. We are here to help you make informed and healthy decisions and to guide you on your path to recovery. We make recommendations based on research, training and expertise about recovery from eating disorders. This includes helping you develop and individualized treatment plan that outlines your goals in recovery and determining your length of stay.

You can expect our trust. We don't lock doors, bathrooms, the refrigerator or cabinets. We will intervene to make sure clients are safe but we accept that so far certain coping strategies are what you needed so far. There is no demonizing or punishing for eating disordered behavior only the support to help you change.

How to know when you are ready to leave: The clinical treatment team meets once a week to discuss your progress and your therapist will help you determine when you are ready to leave. In general a client will be ready for discharge when they are reaching their goals and have time at Tapestry to maintain them. This includes reaching and maintaining her goal weight and reaching personal and behavioral goals including using new coping skills in difficult situations. Also a client will be ready for discharge when they have completed assignments that they were working on with therapists or staff.

Relating to Other Residents for a Healing Environment: The best way to foster a healing environment in our community is to work together to maintain clear guidelines for relating to others. Other women in the program will have eating problems that appear to be different than your own. Firstly, it is important to remember that it is not uncommon for a woman to have moved between restricting, bingeing and purging at different times through the years. Some residents may be struggling to move beyond a restricting frame of mind while others are learning to tolerate keeping food in their bodies. You may find that others may not be engaged in the same behaviors that you are struggling with at this time, but that does not mean they have not experienced some of your current symptoms.

Secondly, it is important to remember that even if other residents have not experienced the same eating disorder symptoms, food and body issues are metaphors for the common issues that lie beneath the surface; issues that we all share related to self esteem, unexpressed feelings and unmet needs.

One common function of the eating disorder is that it provides a vehicle to a counterfeit identity. It does so by providing a false means of measuring self worth based on being successful at the eating disorder, not life. Treatment at Tapestry will be focused on developing your authentic identity and a new relationship with food and your body. As you practice new ways of thinking, feeling and behaving at Tapestry, we ask you to resist the habit of comparing yourself to others or communicating in ways that may encourage others to compare themselves to you. To minimize reinforcing this old way of measuring self worth, we ask that you not discuss the following outside of individual therapy sessions or one on one meetings with staff:

- » past or current weight
- » sizes
- » medication
- » graphic details of eating disorder practices
- » previous treatment experience
- » drug or alcohol use

These discussions foster comparisons and competition that interfere with treatment progress for everyone. Focus instead on your own healing and recovery. Every resident comes into the program with a unique set of experiences and history. Being able to focus on yourself and your own needs is difficult at first, especially if you are not used to focusing this kind of attention on yourself. However, we will support you in this process and encourage you to take these steps to be able to attune to your own healing needs.

We also ask that you use your language consciously and intentionally as much as possible. At times profanity can serve as a satisfying expression of the feelings inside, and we by no means want to restrict healthy expression. At the same time profanity directed at others can be harmful and disruptive. We do not tolerate treating others with disrespect. This means we use respectful language with staff and other residents.

It is very important that this residence is safe for everyone here. Living in such close proximity with other women is challenging and powerful. Because everyone here is involved in therapeutic work and healing on a daily basis, emotions can run high and space can feel at a premium. We ask that you be conscious of your own space needs and that of your house mates. Ultimately you can only be responsible for yourself, so we ask that you ask for what you need and let your counselor or other housemates know when you are having a hard time. Acting out these needs instead of asking for them to be respected is sometimes easier, however, in a program like this one--acting out can have harmful consequences.

For that reason, try to be very direct and honest with others around you. Our hope is that these guidelines will offer you experience in a way of living that you will want to continue after leaving Tapestry.

### **Your Nutrition Program:**

Upon admission to the program, you will meet individually with the Dietitian to review your eating history. The Dietitian will continue to be available to meet with you when needed regarding your individual meal plan and nutritional counseling.

### **Food and Meals in the Home:**

We are not an organic food based program although some organic food is purchased, it is not emphasized because there is no evidence that organic food helps recovery. We shop at the most accessible kind of grocery store to the majority of our clients. Weekly meal planning and grocery shopping are done as a group. Everyone plays a role in choosing food for the house, preparing the nightly meal, and helping to create a healing tone around food preparation. **We know that this may be one of the most difficult tasks in recovery and we are here to help you.**

In order to help yourself and your peers, we ask that you refrain from discussing the calories, fat content, or carbohydrate content of different foods. It will only serve to distract you and the group from the healing process. As we will be preparing and eating meals together, judgmental or disparaging comments made about food may serve to alienate or shame other residents and staff. We ask that you be courteous and understanding with each other and speak respectfully about food.

We keep a full kitchen of food of you have helped choose. We believe that diet foods such as low calorie and non fat versions of normal foods, or sugar substitutes like Sucralose and Aspartame are not helpful in dismantling the eating disorder. As such Tapestry will not purchase these items or keep them in our kitchen. We also ask that you refrain from purchasing any diet products while you are participating in the program to assist you in this process. We do not allow coffee in the house. Once a week outings to the local coffee shop are planned for weekend mornings.

## **Food Storage**

We ask that you do not keep food in your rooms, this includes colas and candy. No food is to be purchased or brought into Tapestry.

## **Medications**

Upon entry to this program, all your over-the-counter and prescription medications will be logged and kept in a double locked medicine cabinet in the staff closet. You will be asked to demonstrate that you are familiar with your medications, doses and potential side effects of your regimen. Staff will make your medications available to you each day during prescribed dosage times and then document that you were observed taking your medications. As with other areas of recovery, we are here to support and assist you in establishing healthy self care. Your understanding of your medications and commitment to take them properly is your responsibility. Any over the counter medications will be locked up in the medicine closet. All medication needs to have prescribing physician information, including samples. Any over-the-counter medications that are brought must be unopened and sealed. If you have questions regarding any of your meds you are encouraged to ask questions of the staff.

## **The Schedule**

We have included a schedule which outlines the groups and activities for the week. While we intentionally created a balance of activities each day, we may decide to alter the schedule at times. We try to stay on schedule as much as possible, however, at times this may not be desirable or possible due to the nature of the program. Because we are a small program, we can stay flexible. As such, don't be surprised if we adjust the day to take advantage of good weather, spontaneous creativity, or a special event offered downtown or at the college. We will schedule weekend outings such as restaurants and movies. At our weekly House Meeting, we take requests for weekend activities. The most important thing to remember when requesting outings is, "Will I be safe on this outing?". We will only schedule weekend activities that we believe are safe and will provide therapeutic support.

## **\*\*\*\*Leaving the Residence**

Flights: To help ease your transition into Tapestry, we ask that you stay with the group or in the residence (including the yoga studio or yard) for the first week of your time here. This gives you a chance to settle in and gives staff a chance to get to know you and how you may need our support. After two weeks, you may discuss with your primary therapist or the clinical director the possibility of going for walks into town on your own, and the possibility of meeting friends or family for dinner or even leaving for a night. Discuss your plans with your primary therapist to determine if they fit into the treatment goals you have set for yourself, you will be required to fill out a Therapeutic Pass Form, for your therapist to sign before you leave. Therapeutic Pass requests must be turned in by 9:00am on Tuesday morning.

## **Journaling**

We encourage you to journal on a daily basis to keep track of your internal growth, experiences, insights and perceptions. Bring this notebook with you to all group activities and individual therapy to use as a journal or in addition to your own personal journal to keep your assignments and handouts. Tapestry will be a unique experience in your life on which you can look back in later months and years to draw strength and guidance.

## **“Second Table”/ “BRO”**

Following meals, we have a brief group at the table called “Second Table”. This is a time to ‘check in’ with your peers and staff members in order to take inventory of your thoughts, emotions and bodily sensations related to the meal. While this is not a therapy group, it is an opportunity to identify issues that need further attention in an individual or group session. In addition, we know that there may also be times that a staff member or a group may not be immediately available to process eating disorder symptoms. Reviewing and understanding the link between the thoughts, feelings and actions related to eating disorder symptoms are very useful and will be of great help in discussing the event with your therapist or group.

## **Exercise and Equine Assisted Psychotherapy**

We have yoga two times a week, and we participate in a weekly Equine-Assisted Therapy session. Both of these activities can be strenuous, and possibly lead to health risks for individuals with medical issues resulting from Eating Disorders. Consequently, the Medical Director needs to see every client and approve each client individually for these activities. Please know that it may take up to two weeks to get this approval, and depending on your health you may or may not receive it. Once you do receive exercise approval, we ask that you do not leave the house after 7:00pm to exercise.

## **Living in an Old House**

There are many wonderful things about the Robert Deaver House. It was built in 1917 by Robert Deaver who was the builder of the Silvermont Mansion, a Brevard landmark. The house is a two-story Colonial Revival home with a free standing guest house and garage in the back. The garage has been converted to a yoga studio and our therapist's offices.

We have painstakingly refinished the heart of the pine floors, patched plaster and carefully breathed new life into this wonderful space. Please be mindful not to drag beds or other heavy objects across the floors as they will scratch, and please do not hang anything that requires push pins, nails and tape on the walls.

## **Bathrooms**

The house has two bathrooms: one downstairs and one upstairs. The ground floor bathroom is off the main hallway. The upstairs bathroom has cubbies for all residents. Please make this space yours. The other bathroom in the house is yours to use as well and you may find that showering downstairs at night or early in the morning reduces upstairs bathroom traffic. We ask that you do not leave curling/straightening irons or hair driers on the counters, as this could lead to injury. The plumbing has all been updated but please **do not flush any sanitary products**. In instances where residents have flushed sanitary products, we have had to call the local Roto-Rooter to come and repair the drains. It is very important that you use the sanitary products receptacle located on the floor next to the toilet.

## **Laundry**

The washer and dryer are located in the back hallway between the kitchen and the dining room. Laundry soap is provided and stored in the cabinet across from the washer and dryer. Please do laundry in such a way that it does not make you late to groups or activities. This also may be an issue the community discusses during the weekly house meeting. The Resident Counselors and massage therapists may put their sheets in the wash before leaving after their work here. Generally, we all pitch in a helping hand when we come across sheets in the wash by moving them along to the dryer or folding them and placing them in the linen cabinet in the laundry room.

## **Cleaning**

We have a weekly deep clean in which all residents must participate. We ask that you maintain your own room and the upkeep of the shared spaces. Please keep the bathrooms and all shared spaces as tidy as possible. Weekly chores will be rotated through all the residents. It is important that we take care of ourselves and the space in which we live.

## **Television**

There is a TV in the house. We will be incorporating media viewing into the schedule. In addition to this scheduled use, we ask that residents confine their TV time to outside of program hours and coordinate sound issues among themselves. This issue can also be discussed at the weekly house meeting.

## **Phones**

Residents will be asked to store their cell phones in the staff closet for security. They will be made available for use between the hours of 8:00pm and 10:00pm, or if needed to address your treatment goals. We ask that you turn in your phone and computers at 10:00pm to the

resident counselor. If you do not have a cell phone you are welcome to use the phone downstairs in the common area after 8:00pm. While we do not restrict any contact, we ask that you be mindful of the impact your contacts are having on your treatment. It is easy to become distracted by outside issues. The time you have set aside to be in treatment will be more meaningful if you set healthy limits on your outside contacts. For many residents, learning to set and maintain boundaries with friends and loved ones is a treatment issue. Let the staff know if you need help setting boundaries regarding your telephone or email contact with family and friends.

If your family needs to contact you in an emergency during program hours, and the office is not responding, they can call you on the main Tapestry line: (828) 884-2475. In case of an emergency, family can all contact the staff phone at (828) 553-8818.

## **Computer**

Residents are welcome to bring laptops, but do so at their own risk. You will be asked to store your computer in the staff closet downstairs. They will also be made available for use from 8:00pm-10:00pm (again we ask that you turn them in at 10:00pm). The exception to this would be if the computer is needed to address your treatment goals during the day. We ask that you sign the computer user agreement before connecting to the network.

## **Valuables**

Please keep track of your belongings. Though we don't encourage bringing valuables such as expensive jewelry. There are bedroom closets and you may store your valuables in there, however those in double rooms will share a closet with their roommate, and we cannot be responsible for any lost person items. We have the right to search your bags and rooms at any time, and will do so upon your arrival.

## **Smoking**

Smoking is only permitted outside behind the cottage. Smoking is allowed during breaks after meals. Please inform a staff member when you are leaving the house to smoke in the assigned smoking area in the yard.

## **Drug and Alcohol Usage**

This is a substance free program, and some residents may be struggling with chemical dependency as well as an eating disorder. For this reason, the use of illegal drugs, alcohol or improper usage of prescription medications is prohibited while in this program. We retain the right to do a room search if we suspect that drugs or alcohol have been brought in. We do this to ensure the safety of all residents. We will also request that you allow us to drug test you if you arrive at the residence, or at any time, appear to be impaired by drugs or alcohol. Any positive drug or breathalyzer test will become a treatment issue and will be dealt with as determined by the treatment team.

## **Confidentiality**

Every resident in this program shall have the assurances of confidential treatment and clinical record. In addition, we request that you also be mindful and not share confidential information about other residents while you are a member of this program, or after you leave the program. Please refer to fellow residents by their first name only if you mention your housemates to family or friends. We also ask that you refrain from posting personal photos/information on any social media site including Facebook, Instagram, or Twitter.

## **Administrative Discharge**

Please know that while we are always here for you and want you to succeed in every possible way, residents may be discharged from the program for non-compliance with treatment, such as:

- » Stealing from other residents or from the house
- » Obtaining or using illegal drugs
- » Illegal activity while in the community
- » Verbal or physical threats to staff or another resident
- » Overt self harm
- » Sustained non-compliance with treatment plan
- » Need for a higher level of care

## **Financial Obligations**

During the intake process you and possibly your guarantor were advised of your financial obligations to this program in detail. This is just a reminder that while you are a resident here you are responsible for all costs outside the program, such as medication, doctor and dental visits, hair appointment, toiletries, etc. If you do not have your own personal funds to pay for these incidentals, please arrange for consistent access to funds with your guarantor. This way, your personal needs will be fully met while here, and you can relax and focus on healing.

## **House Meeting**

We have a regularly scheduled house meeting once a week. This time is reserved to discuss any housekeeping or communal living issues.

## **Post-Treatment**

When you leave treatment, your primary therapist here at Tapestry will be available to you on a limited basis to follow up and make sure you are receiving proper after-care. In order to foster your connection with your aftercare treatment team, it is important for us to maintain healthy boundaries. Feel free to discuss this further with your therapist if you have questions or concerns.

One way we do stay in contact is through a follow-up efficacy study. We invite you to participate to help us determine the most effective ways of helping our clients and improving the program. We are available for any further questions you may have. We understand it is a challenging transition to make when you first arrive. We want you to feel at home here at Tapestry, so please, ask for our help.

Welcome.