

# Mental Health and Addiction Services Programs: What to Expect

## Mental Health and Addiction Services

The goal of Allina Health Mental Health and Addiction Services is to provide excellent care in a safe, healing environment.

### Program Guidelines

- You will need to attend and be on time for all sessions. Let staff know if you will be late, need to leave early or are not able to attend a session.
- Personal information discussed in groups is confidential and should not be shared outside of sessions.
- It is important to tell staff if you feel unsafe at any time.
- Physical or sexual touch is not allowed. Maintain personal space.
- Violent or threatening behavior or language is not allowed.
- Firearms are not allowed at Allina Health facilities.
- Use of alcohol or drugs will not be allowed while in the program.
- Do not use your cell phone during sessions. This includes taking photos.
- Lending money to or borrowing money from others is not allowed.
- Take medicines as instructed by your health care provider. Never share your medicines.

- Do not wear short shorts, tube tops, low-cut tops or tops with slang written on them.
- Do not wear perfumes, colognes, lotions or other scented products to sessions.

### Whom to Ask Questions

Talk with staff if you have any questions.

### Questions for Staff

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