



## **STAR PROGRAM RULES AND EXPECTATIONS**

EVERY RESIDENT IS EXPECTED TO FOLLOW THE RULES AND EXPECTATIONS OUTLINED IN THIS CONTRACT

### **General Expectations**

1. You need to conduct yourself in a proper manner at all times. All participants are expected to be considerate and respectful to all medical center staff and other patients.
2. You are expected to be in the Polytrauma Transitional Center for lights out at 2300 every evening.
3. You must keep the noise level reasonable to include visitors and entertainment devices.
4. You will turn off common area televisions, gaming devices and computers nightly by 2300 (Sunday through Thursday) and midnight (Friday and Saturday).
5. No alcoholic beverages, illegal substances, or outside medications to include herbal supplements and over the counter medications are permitted on campus, or on therapeutic outings, other than the medications prescribed by your physician and maintained at the nurse's station. Consumption of alcohol while off campus and away from the program is prohibited, as is returning to the building under the influence of substances listed above.
6. The use of tobacco products and electronic cigarettes are prohibited in the Polytrauma Transitional Center and during all treatment sessions including groups and individual sessions.
7. An illegal activity will not be tolerated and will be reported to the VA Police and other appropriate authorities.
8. You are encouraged and expected to seek help from your treatment team and/or a patient advocate if you have problems or concerns. You may express your concerns verbally or in writing, without fear of retaliation.

### **Participation**

9. Sign out/in every time when leaving/re-entering the STAR program residence, no exceptions
10. You will actively participate in STAR meetings to receive program updates, discuss concerns about the program, and review the delegation of house responsibilities of the STAR residents.
11. You are responsible for weekly household chores and adhering to the room responsibility checklist.

12. Use of the gym is only permitted after evaluation by and under supervision of Physical Therapy staff.
13. You are expected to prepare your own breakfast and lunch independently or with assistance as needed after being cleared by Occupational Therapy staff.
14. Each resident is responsible for his/her laundry. Detergent will be provided.
15. Residents are required to participate in all essential fire and safety drills.
16. Expectations during core STAR program hours (Monday-Friday 0700-1700)
  - a. You will arrive to all treatment sessions on time.
  - b. You will attend and participate fully in all treatment sessions.
  - c. You will turn off all cell phones and electronic devices that are not part of treatment during individual and group treatment.
  - d. Professional and appropriate behavior is expected during all therapy outings and in all vocational rehabilitation settings.

#### **Medication Management**

17. There is only one person allowed in the medication room at any given time. Please enter the nursing station only when called upon.
18. You will actively participate in the self-medication program, which is determined by STAR program medical and nursing staff at the time of admission.

#### **Visitation**

19. Residents are not permitted to enter another resident's room.
20. Visiting hours are 1200-1300 and 1630-2100 on weekdays; weekend/holiday hours are 0900-2100. Visiting hours may be affected by your therapy schedule. Children under the age of 12 must be supervised by an adult at all times. All visitors will sign in and out at the front desk. Visitors are expected to conduct themselves in a quiet and orderly manner, so as not to interrupt routine operations or disturb other patients. You are responsible for your visitors at all times. Visitors are not permitted in patient rooms unless preapproved by the Medical Director or designated staff.
21. The kitchen in the Polytrauma Transitional Center is for patients only, unless coordinated in advance with a therapist. Food items are for patients only. The kitchen hours are 0530-2300 daily.

#### **Leave Clearance, Driving, and Transportation**

22. The use of personal vehicles must be preapproved by the Medical Director or designee and military liaison prior to being permitted to operate the vehicle. Upon approval, you will be provided with instructions

including a parking assignment. \*If Active Duty, any safety checks and travel authorizations associated with vehicle operation are subject to the military liaison's discretion.

23. At NO time will you be permitted to transport any patient(s) in the PTRP program.
24. Transporting STAR patients must be preapproved by clinical staff.
25. Ability to navigate the campus independently and leave the campus independently, or with supervision, will be evaluated at admission. Approval to perform independent campus and off-campus navigation will be determined by the Medical Director in conjunction with the treatment team.
26. Please note that the neighborhood surrounding the McGuire VA Medical Center may pose some risk to personal safety. STAR program staff advise against independent navigation within the area.

### **Compliance and Participation Monitoring**

The STAR Medical Director and designated staff will monitor and document your compliance with the above expectations. It is expected that you will maintain full compliance with this treatment contract. It is also expected that you will continue to make progress toward your treatment goals as defined by your treatment team.

I have read and agree to abide by this treatment contract. I understand that violation of this contract may result in additional consequences including the possibility of immediate discharge from the Service member Transitional Advanced Rehabilitation (STAR) Program.

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STAR Program Participant

Date