



Kemah Palms (713) 568 –1210

<https://www.kemahpalms.com/>

admissionsteam@kemahpalms.com

Residential Building Address: 1013 Delessandri Ln. Kemah, TX 77565

Detox Building Address: 1009 Delessandri Ln. Kemah, TX 77565

What to Bring and Not to Bring

Personal Attire You Should Bring When Checking In For Treatment

- **5 to 7 Days of clothing (access to laundry/soap provided)**
- Under garments
- Socks and tennis shoes
- Casual clothing (comfortable fit), including tops, jeans, and pants).
- Workout attire/gym clothes.
- Pajamas

Personal Items to Bring to Our Treatment Facility

- Shampoo, conditioner, and soap/bath gel (alcohol free).
- Deodorant (solid only).
- Toothbrush, toothpaste alcohol-free mouthwash.
- Razor and shaving cream.
- Medication in original labeled containers from the pharmacy.
- Copy of Identification, Insurance Card, Credit Card for Medication and Ancillary Services.

Optional Items You Can Bring to Addiction Treatment

- Notebook, pens, and stamps.
- Alarm clock, MP3 player preloaded/no camera/no internet access.
- Cash for incidentals – we will hold and allocate your cash as deemed necessary, no more than \$500.00.
- Nicotine products: Vape juice must be unopened.

Items You Should NOT Bring to Rehab Treatment

- Personal television or radio.
- Cameras or video recorders.
- Excessively tight, loose, or revealing clothing.

- Aerosol or alcohol-based products.
- Weapons of any kind.
- Food, candy, drinks.

Treatment Options at Kemah Palms Recovery

Medical Detox:

This is the first stage of a full continuum of care for Substance Abuse. Upon arrival, a client will go through a detailed assessment with a medical professional to discuss their history of using substances, their medical history, and take a drug screen. After this process, an individual medical taper of medications will be designed for the client to aid in their safe monitored withdrawal. Our Detox facility is staffed 24/7 with medical professionals and Recovery Advocates. The average stay for a medical detox is between 4-7 days. Clients will have access to a dedicated Detox Counselor, a psychiatrist, and programming.

Residential Treatment:

This is often the second stage of a full continuum of care for Substance Abuse and lasts for 30 days (minus time in Detox). See the schedule on the next page for examples of what a day looks like at Kemah Palms Residential treatment. Clients will receive a variety of holistic treatment modalities combined with curriculum based in 12 step philosophy. Individual counselling is combined with a variety of group therapies, meditation techniques, and outside meeting options allow clients to find a mixture of recovery tools to aid in their long-term success after treatment. It is our recommendation that clients complete all 12 steps and all treatment goals while at Kemah Palms.

Partial Hospitalization (PHP)

This is the third stage of a full continuum of care for Substance Abuse. This is an outpatient program that meets Monday through Friday from 9:00am to 1:00pm for 20 sessions (4 weeks). When a client steps down from Residential Treatment, they can be overwhelmed with entering back into the regular routine of life. PHP gives clients another layer of defense against battling Substance Abuse. This level of care aids in understanding how to enter back into the responsibilities of regular everyday life like relationships, employment, finances, etc. and maintain sobriety.

Intensive Outpatient (IOP)

This is the fourth stage of a full continuum of care for Substance Abuse. This is an outpatient program that meets Monday through Thursday from 10am – 1 pm or 6pm – 9pm for 24 sessions (6 weeks). This is another layer of programming aimed at how a client conducts themselves in everyday life as an individual in recovery. IOP shows clients how to continue the work outside of treatment to stay clean and sober.

Family Groups and Al-Anon Information

We thank you for trusting us with the care of your loved one. We look forward to remaining a trusted resource to facilitate healing in your family as we move forward on this journey together. This is the information you need to participate and engage in this process as family members and supporters. We offer family groups on Thursdays and Sundays each week. Family members and supporters ages 12 and up are welcome to participate either here onsite, or by logging in virtually. The meeting times and log-in information are below. For those who would like to participate on site, the address where the meetings are held is 1013 Delesandri Ln, Kemah Tx. 77565.

Tisha Day is our clinician who organizes family groups. She can be reached at her email @tisha.day@kemahpalms.com if there are questions or concerns related to the family groups. You can also call Kemah Palms at 713-568-1210.

Please join us at **6-7pm CST for Thursday's educational presentation** on concepts relevant to families recovering from addiction. This group is open to all residents and their families who are currently at Kemah Palms or have received treatment here in the past. All attending the group should be over 12 years old.

Kemah Palms is proud to host in house Al-Anon meetings following the Thursday family group at 7:15pm. All family and supporters are welcome to attend. For more information on Al-Anon, visit their website at <https://al-anon.org/>

Thursday Family Education Teams meeting

Join on your computer, mobile app, or room device.

[Click here to join the meeting](#)

Meeting ID: 278 298 762 147

Passcode: on7bpD

[Download Teams](#) | [Join on the web](#)

[Learn More](#) | [Meeting options](#)

Please join us for our Kemah Palm's Sunday family process group where families can come to heal. **1-2pm CST every Sunday for current residents only.**

Following the Sunday Family Group family visitation hours are from 1p-5p.

Sunday Process Group Teams meeting

Join on your computer, mobile app, or room device.

[Click here to join the meeting](#)

Meeting ID: 225 133 312 441

Passcode: Family

[Download Teams](#) | [Join on the web](#)

[Learn More](#) | [Meeting options](#)

Frequently Asked Questions

- Clients must put family members, legal/medical professionals, employers, or any other relevant contact on consent for Release of Information for Kemah Palms to be able to communicate with due to the guidelines of HIPPA.
 - o <https://www.hhs.texas.gov/regulations/legal-information/hipaa-privacy-laws>
- Clients are allowed to bring their phone to Kemah Palms. It will be kept in an electronics locker and any usage of a personal cell phone is based on the approval of a counselor and subject to supervision. Clients in our Residential Treatment will receive time each evening on a house phone to communicate with loved ones.
- The usage of laptops for school, business, paying bills, etc. is based on the approval of a counselor and subject to supervision. Any usage of electronic devices cannot interfere with groups and programming. Kemah Palms understands we live in a Digital Age and will do the best to meet client's needs.
- Religious services will be available for clients upon request.
- No outside food or drink is allowed in the facility for any type of visit or group.
- Transportation for existing medical or legal appointments can be arranged while clients are in treatment.

Example of the Daily Schedule for Residential Treatment at Kemah Palms

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-up/Showers 6:30am	Wake-up/Showers 6:30am	Wake-up/Showers 6:30am	Wake-up/Showers 6:30a	Wake-up/Showers 6:30am	Wake-up/Showers 7am	Wake-up/Showers 7am
Vitals and Meds 7:00-7:30 8:00-9:00	Vitals and Meds 7:00-7:30 8:00-9:00	Vitals and Meds 7:00-7:30 8:00-9:00	Vitals and Meds 7:00-7:30 8:00-9:00	Vitals and Meds 7:00-7:30 8:00-9:00	Vitals and Meds 7:00-7:30 8:00-9:00	Vitals and Meds 7:00-8:30
Breakfast 7:00-7:30	Breakfast 7:00-7:30	Breakfast 7:00-7:30	Breakfast 7:00-7:30	Breakfast 7:00-7:30	Breakfast 8:00-8:30	Breakfast 8:00-8:30
Morning Meditation 7:30-8:00	Morning Meditation 7:30-8:00	Morning Meditation 7:30-8:00	Morning Meditation 7:30-8:00	Morning Meditation 7:30-8:00	Mediation 8:30-9:00	Mediation 8:30-9:00
Exercise 8:00am to 9:00am	Exercise 8:00am to 9:00am	Exercise 8:00am to 9:00am	Exercise 8:00am to 9:00am	Exercise 8:00am to 9:00am	Exercise 9:00-10:00	BAC big book Study 9:30-11:30
Process Group 9:00am- 11:00 am	Process Group-Gender Specific 9:00am- 11:00 am	Process Group 9:00am- 11:00 am	Process Group-Gender Specific 9:00am- 11:00 am	Process Group 9:00am- 11:00 am	Pool Gender split 10:00-12:00	Lunch 12:00-12:45
CD Ed 11:00am to 12:00pm	CD Ed 11:00am to 12:00pm	CD Ed 11:00am to 12:00pm	CD Ed 11:00am to 12:00pm	CD Ed 11:00am to 12:00pm	Study Time gender split 10:00-12:00	Family Education 1:00-2:00 (Clients with Family)
Lunch 12-12:45pm	Lunch 12-12:45pm	Lunch 12-12:45pm	Lunch 12-12:45pm	Lunch 12-12:45pm	Lunch 12:00-12:45	
CD Education 1:00pm to 2:0pm	CD Education 1:00pm to 2:0pm	CD Education 1:00pm to 2:0pm	Community 1:00pm to 2:0pm	CD Ed 1:00pm to 2:0pm	Process Group 1:00-3:00	Visitation 2:00-4:00
Sound Bath Men (Kristen) 2:00pm to 2:45pm Lit Study Women (RA led)	Life Skills (Mandy) 2:00pm-2:45pm	Art/Music (RA Led) 2:00pm-2:45pm	Sound Bath Women (Kristen) 2:00pm to 2:45pm Lit Study Men (RA led)	Lit Study (RA Led) 2:00pm-2:45pm	Book study 1:00-3:00 If no counselor for Process Group	Education Group 4:00-5:00 (all other Clients)
Paul Group 3:00-4:00	Paul's Group 3:00-4:00	Paul's Group 3:00-4:00	Paul's Group 3:00-4:00	Paul's Group 3:00-4:00	Movie Time 3:00-5:00 (approved movie list)	Dinner 5:00-6:00
Study Time 4:00-5:00	Study Time 4:00-5:00	Study Time 4:00-5:00	Study Time 4:00-5:00	Study Time 4:00-5:00	Dinner 5:00-6:00	Study Time 6:00-7:00
Dinner 5:00pm to 6:00pm	Dinner 5:00pm to 6:00pm	Dinner 5:00pm to 6:00pm	Dinner 5:00pm to 6:00pm	Dinner 5:00pm to 6:00pm		Free Time 7:00-9:00
12-Step 6:30-8:00 Clear Creek Club	Inside Meeting 6:30-7:30 H&I or in house meeting	Outside Meeting 6:00-8:00 BAC	Multi Family Group 6:00-7:00	Outside Meeting 8:00-9:00 BAC	BAC Happy Hour Group 6:00-8:00	
Study Time 8:00-9:00	Study Time 7:30-9:00	Free Time 8:00-9:00	Alumni/Alanon 7:15-9:00			
Nightly Reflections 9:00-10:00	Nightly Reflections 9:00-10:00	Nightly Reflections 9:00-10:00	Nightly Reflections 9:00-10:00	Nightly Reflections 9:00-10:00	Nightly Reflections 9:00-10:00	Nightly Reflections 9:00-10:00
LIGHTS OUT 10:30PM	LIGHTS OUT 10:30PM	LIGHTS OUT 10:30PM	LIGHTS OUT 10:30PM	LIGHTS OUT 1100PM	LIGHTS OUT 1100PM	LIGHTS OUT 10:30PM