

## MUP Project Description

Indented use for residential units located 5761 Mountain Hawk Dr.

Zoning: CN-SR – Community Care Facility, 24 beds (Detox and Residential), maximum of 8 staff on-site at any time.

Pura Vida Recovery Services proposes to operate a community care facility (24 beds) in the form of one monitored detoxification and withdrawal management and residential addiction treatment facility in Suites 201 through 207 at the above address, with the facility managed by a single staff. Clients will share a bedroom with one other clients in the two bedroom two bathroom units.

### What is Detox:

#### **Helpful Facts**

First step in recovery.

Length of stay: 3-14 days.

Stop using drugs/alcohol safely. Clients screened and physically searched upon entry, drug tested daily.

24/hour supervision by medical assistants, counselors, and treatment technicians.

All meals on-site.

All activities on-site.

Exposure to addiction treatment (1 group/day and individual counseling.)

Clients do not have vehicles on-site and do not go anywhere outside their housing unit during treatment, except mild exercise under direct supervision of PV staff.

Our monitored detoxification and withdrawal management/residential treatment facility serves persons with substance abuse and addiction diagnoses. These clients are provided services and assistance designed to meet the specific needs of their substance abuse and to treat their addiction.

Monitored detoxification and withdrawal management facilities are staffed by medical assistants, treatment technicians, and registered and certified drug and alcohol counselors, and supervised by a registered nurse and medical doctor. Upon admission clients meet with a medical doctor either on-site or off-site to set up a treatment plan, to be administered by the day to day staff.

Detailed duties include:

Obtaining medical histories, monitoring health status, testing associated with detoxification from alcohol and or drugs(point of cup urine toxicology screening), providing alcoholism or drug abuse recovery or treatment services, monitoring patient self-administered medications, and treating substance abuse disorders, including detoxification. In the event that a medical emergency occurs or the delivery of medical services becomes necessary, staff contacts a medical transport and clients are taken to the appropriate level of care.

Clients are housed in a regular residential bed, fed nutritious meals, bathe and use the restroom independently, and administer their own medications under the supervision of staff. During the first 24 hours after admission clients have their vitals checked every hour and get a bed check every 15 minutes. After 24 hours clients have their vitals checked every 4 hours.

Our facility is an ambulatory facility. Whenever it is beneficial clients are expected to move around and engage with other clients and staff as part of their recovery. None of our clients are bed-bound or non-ambulatory for the duration of their stay. Clients improve their health through nutrition, medication assistance, and case management, mental health treatment, and life skills counseling. There is no limit on length of stay, however clients usually stay between 7-30 days based on their needs.

#### What is Residential Treatment:

##### **Helpful Facts**

Second step in recovery.

Length of stay: 30-90 days.

Clients are physically free from drugs/alcohol. Tested regularly to ensure compliance.

24/hour supervision by medical assistants, counselors, psychologists, and treatment technicians.

Meals on-site and off-site depending on schedule.

Activities and treatment on-site and off-site depending on schedule.

Clients off-site for majority of the day, from around 9:30am to 6:00pm.

Clients do not drive or go anywhere without a representative of Pura Vida Recovery Services. present. Pura Vida Recovery Services provides transportation in vans.

Exposure to addiction treatment (6-8 hours/day, individual counseling, relapse prevention, recreational therapy, physical fitness, self-help meetings, spiritual practices, life skills, and community reintegration skills.) See schedule below for details.

Sample Residential Schedule									
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Staffing
	7:00	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Morning Shift
	7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	8:15	Workout/Rec	Workout/Rec	Workout/Rec	Workout/Rec	Workout/Rec	Farmers Market/Spiritual		
Residential	9:30	Education Group	Education Group	Education Group	Education Group	Education Group	Education Group	Free Time	Mid-Morning
Clients	10:30	Break	Break	Break	Break	Break	Break	Free Time	2
Off-Site	10:45	Group	Group	Group	Group	Group	Group	Family Group	
At West	11:45	Break	Break	Break	Break	Break	Break	Break	
Santa Rosa	12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Family Lunch	
Location	1:00	Spring Lake Hike	Pickle Ball	Finly Swim Class	Doran Beach	Movie	Yoga/Workout/R	Family 12 Step	
	4:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Afternoon Shift
	4:30	Group	Group	Group	Group	Group	Cooking Group	Free Time	3
	5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	6:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Movie Night	
	7:00	12 Step	12 Step	12 Step	12 Step	12 Step	12 Step	Free Time	
	8:30	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	
	8:45	Check-In's	Check-In's	Check-In's	Check-In's	Check-In's	Check-In's	Check-In's	
	9:30	Snack	Snack	Snack	Snack	Snack	Snack	Snack	
	10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Overnight
	11:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	12:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	1:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	2:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	3:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	4:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	5:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	6:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	7:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	

As the schedule shows, residential clients are more active, and away from the facility for the bulk of the day.

Community Care Facility: A facility, place, or building that is maintained and operated to provide **non-medical residential care**, which may include home finding and **other services**, for children and/or adults, including: the physically handicapped; mentally impaired, mentally disordered, or incompetent; developmentally disabled; court wards and dependents; neglected or emotionally disturbed children; the **addicted**; and the aged.

#### Conclusion:

Our facility will directly meet the definition of community care by providing non-medical residential care for the addicted, including but not limited to, monitoring and observing clients during the detoxification process, providing addiction education and relapse prevention services. All services are observational in nature and not designed to medically treat any conditions, rather to observe and monitor clients in order to ensure treatment by an off-site medical professional is not necessary. Our contracted nurse provides oversight of all staff to maintain quality assurance, but does not directly deliver services to clients, and our contracted Medical Doctor can see clients on site or at his office to assess clients and coordinate treatment planning. Residential clients receive addiction treatment in the form of non-medical services like individual counseling, relapse prevention, recreational therapy, physical fitness, self-help meetings, spiritual practices, life skills, and community reintegration skills.

#### Neighborhood Impact:

Detox/residential clients do not have vehicles while at Pura Vida and will not impact parking at the above address. In addition, clients are required to stay within the facility to ensure proper monitoring of their health status, and will not be wandering the property or engaging with other tenants or the general public. In addition, new clients are almost exclusively admitted to the program during business hours, so there will be no after-hours traffic to and from the residential units.

Number of Staff: 8 maximum at any given time.

Parking: The application we have submitted is requesting 24 community care beds and one accessory office. Based on the zoning code, section 20-36.040 Number of parking spaces required. (qcode.us), we are required to provide 9 spaces. Our plan provides for far more spaces than this.

Company Vehicles: Pura Vida Recovery Service will have 1 or 2 vans on site, in designated parking spaces. These vehicles will be used to transport residential clients to and from our West Santa Rosa location as well as to recreational therapy and outside self-help meetings.

Accessory Office: Pura Vida Recovery services will also occupy a small accessory office on the ground floor, in the back of unit 201. This space belongs to Pura Vida Recovery services and is not leased by any of the commercial tenants. It will be used for administration and storage. Please see attached map for office location.

Smoking: Pura Vida Recovery Services has proposed the addition of a covered smoking area on the west side of the property 25 feet from all doors, openings, public access, and structures. Please see attached proposal. Any resident of Pura Vida who is utilizing the smoking area will be

accompanied by staff. Smoking disposal receptacles will be provided, maintained, labeled, and cleaned daily.

Traffic: Pura Vida Recovery Services will be presenting a Trip Generation Memo, produced by a licensed traffic engineer. This memo will be uploaded by Thursday November 17<sup>th</sup>, 2022.

Hours of Operation: 24/hours, 365/days year.

Pura Vida Recovery Services is Licensed by the California Department of Healthcare Services to provide detoxification and residential addiction treatment, License: 490041BP