

Cellphone, Tablet, and Laptop Guidelines



- **Where can I use my cellphone, tablet, or laptop?**
 - These devices may be used in patients' rooms during free time, in the gym, and on the track with headphones for music or podcast purposes only. Patients may take their phones to off-campus appointments. With clear staff permission, patients may use their tablets or laptops in a group room to attend a virtual recovery meeting. Smartwatches may be worn anywhere but must not receive alerts during groups or lectures and may not be used for communication outside of designated areas.
- **Can I have these devices in a group or individual appointment if it's on silent?**
 - No, this is to reduce distractions during programming (such as the urge to check the device, forgetting to put it on silent, etc.). *Phones, laptops, and tablets are not allowed outside of patients' rooms.*
- **Why can't I use my cellphone, tablet, or laptop outside or in other parts of the campus/building?**
 - The primary reason is to protect all patients' confidentiality. Using your device in common areas (including outdoor areas) puts the privacy of the community at risk in the event that someone intentionally or unintentionally takes a photo or recording with their device, a peer inadvertently walks in view of a video call, or a peer is heard in the background on a voice call. Common areas are reserved for socializing with peers without the interference or distraction of electronics.
- **When can I use my phone/tablet/laptop?**
 - You may use your devices whenever you aren't scheduled to be in a group or individual appointment.
- **Can I videochat?**
 - Yes, as long as you're in your room. Please work with your roommate(s) to arrange times for private calls to protect your and your peers' privacy.
- **Can I take pictures or audio/video recordings of my peers or the campus?**
 - No, this is strictly prohibited as it compromises the confidentiality of the community. If patients are observed taking photos or making recordings, they will be asked to immediately delete them and will forfeit their phone/tablet for a length of time determined by their counselor and/or the program manager.
- **What do I do if I can't connect to guest Wi-Fi network?**
 - Please use your own cellular network's data plan. If you do not have a device with data or personal hotspot capability, you are welcome to use the available desktop kiosk computers and landline phones on the treatment units. Serenity Lane is not able to provide technical support for trouble-shooting connectivity issues.
- **What are some ways I can use my phone, tablet, and laptop as a healthy part of my recovery?**
 - Delete or block the phone numbers and social media profiles of people who do not support your recovery efforts (such as dealers, drinking/using buddies, etc.). This may help remove the trigger or compulsion to communicate with them.

- Delete apps that have contributed to unhealthy, compulsive behaviors (such as Tinder, Bumble, Grindr, Instagram, Facebook, Snapchat, etc.).
- Download recovery-related apps. Here are some suggestions to get you started:
 - Serenity for Life
 - Various AA, NA, & 12 step related apps
 - Insight Timer (mindfulness and meditation app)
 - Headspace (mindfulness and meditation app)
 - COR-12 for Opioid Addiction (recovery tools specific for opioid addiction)
 - Calm (mindfulness and meditation app)
 - I Am Sober (sober community + sobriety tracker)
 - SoberTool (sober support + coping tools)
 - SAM (tools for anxiety management)
 - Nomo Sobriety Clocks (sobriety tracker)
 - I Am (affirmation app)
- Turn your devices off at night to resist the urge to use it during sleeping hours. Research shows that the blue light emitted by electronic devices can block natural melatonin production, a necessary chemical for restful sleep.

➤ **What does device misuse look like?**

- Obsessively calling/texting/emailing certain family members, significant others, or friends
- Spending large amounts of time on social media
- Taking photos or audio/video recordings of peers, staff, or the campus
- Using your phone/tablet during mealtimes and programming hours
- Using your phone/tablet outside of your room
- Staying up at night using your phone/tablet
- Ordering things online that you don't need while in treatment
- Viewing pornography
- Bringing phones/tablets to programming or individual appointments where they may be disruptive or distracting if they ring/vibrate/alert

➤ **What happens if I misuse my phone, tablet, or laptop?**

- You will forfeit the privilege of having your device, and your device will be held in the belongings room for a period of time determined by your counselor and/or the program manager. If you repeatedly misuse your device(s) or if the infraction is severe enough in nature, you may ultimately be asked to leave the program.

➤ **Where should I keep my phone, tablet, or laptop when I'm not using it?**

- In your safe. Serenity Lane is not responsible for lost or stolen devices that have been in your possession. Please do not charge your devices outside of your room.
- If you feel like having your phone is a problem for you, you can leave it in your counselor's office and make a plan to check it out when needed.