



COVID-19

Precautions in Effect

Protocols For Couple's/ Family Therapy

These restrictions help protect our patients, healthcare staff, and community from the spread of COVID-19.

Please ask your care team for guidance with any questions.

We greatly appreciate your understanding of the precautions to ensure residents, their family members, and staff remain safe.

Guidelines for Cottage Residential Center Visitors:

1. Family and couples therapy is critical to the treatment at Cottage Residential Center (CRC) and arrangements will be made for in person and/or virtual couples/family therapy during this period of following COVID-19 safety guidelines.
2. Couples/family therapy sessions must be scheduled in advance with the assigned Case Manager.
3. In person sessions will take place in our Fireside Room with the following protocols:
 - a. Masks are required to be worn at all times while at CRC.
 - b. When you arrive at the front office, CRC staff will ask you COVID-19 screening questions prior to entering the office, along with taking your temperature.
 - c. You will be asked to perform hand hygiene or use hand sanitizer.
 - d. 6 ft. distancing from others is required while at the facility.
 - e. One person will be permitted to visit for family or couple sessions. Additional family members may participate in the session with the Case Manager via GoToMeeting online.
4. After being screened, CRC staff will request for you to sign the visitors book.
5. Your family member's assigned Case Manager will meet you at the front office and escort you (and your resident family member) to the Fireside Room.
6. Chairs and tables will be wiped down in the Fireside Room prior to and immediately after the therapy session.
7. Upon completion of the session, you will again be escorted to the front office to sign out. Additional visiting is not available at this time.

Effective 3/23/2021
Reference California Department of Public Health