

What to Bring to Treatment

Please let us know if there are any accommodations we should provide to better help you participate in our services, such as assistance with reading/writing; large-print materials; wheelchair access, etc. _____

Please bring the following with you to residential treatment:

- **All of your medications.** This is very important as we do NOT provide your medications. Please bring any active medications upon admission, including medication bottles and prescriptions not yet filled; samples must have a written order from your physician and a bottle with a label, any vitamins or over the counter medications will need a label and prescription from a doctor or pharmacy. Ask your doctor to fax a copy of your written prescriptions to 402-441-3770, Attn: Admissions. (Failure to do this may create a delay in receiving your medications.)
- **Proof of income (last two pay stubs; letter of award; etc)**
- Insurance cards
- Your EBT card if you receive food stamps (We will call for a replacement if you forget to bring it at admission, lost or stolen)
- Clothing for 7-10 days
- Alarm clock or clock radio
- Laundry basket (we provide laundry soap, but if you need a specific kind or use fabric softener, you will need to bring it with you)
- Plastic hangers if you wish
- A clear water container with a lid
- Personal care items (including an 8-week supply of feminine hygiene products)
- A swimsuit if your stay will be during summer months
- A coat if your stay will be during winter months
- A pair of closed-toe shoes for an activity
- At least one pair of full length pants for an activity
- A baby monitor if your children are with you.
- You may bring cash, but you are responsible for it. Our vending machines take dollar bills or change. You may bring snacks; soda, etc. (please limit these items)

Please do NOT bring :

- A cell phone or ANY other electronic device (iPod/mp3 player, computer games, etc)
- Pillows, blankets, or stuffed animals.
- **WE ARE TOBACCO FREE:** NO TOBACCO products or e-cigarettes are allowed on the property.

Please limit your belongings to two suitcases or one suitcase and a basket.
Nothing may be brought in cardboard boxes.

*While you are at St. Monica's, we will assist you in developing new, healthy behaviors and daily routines. Part of that process involves taking pride in your personal appearance. This will also assist you in building your self-esteem.

- Each day you are expected to shower/bathe, put on clean clothes and *present yourself as if you are going to work or school.*
- The following are not appropriate to wear at St. Monica's:
 - Tops with spaghetti straps or strapless tops
 - Low-cut or revealing tops
 - Miniskirts or short-shorts
 - See-through clothing
- Proper undergarments are required at all times (when not in your room).

If you need clothing we may be able to assist you. Please talk with staff for assistance.

What to expect when you arrive:

All incoming clothing of new clients will be put in closed totes. You will receive two totes for your clothing and personal items when you come in for residential services. All items in suitcases or duffel bags must be transferred to these totes before you complete your admissions paperwork.

We do have all items go through a Heat Room Process, if you have the following items listed below please pack them separately in a bag, so they do not go through the heat process. Medicine, Snacks, Drinks, Lotions, Shampoo, Conditioner, Aerosol Products, Art Supplies (not including yarn), Body Wash, Liquid Laundry Detergent, Perfume/Body Spray, Deodorant, Musical Instruments (If approved), Photos, Makeup, Contacts/Contact Solution

No client belongings may be left in the lobby. Additional items that cannot be put into your two totes must be picked up by family or friends within 7 days if no one is with you at the time of admission.

After checking in, you will complete paperwork with the admission staff. You will be drug tested as soon as you are able to provide a urine sample.

If your drug test is positive for specific substances, you may be taken to The Bridge for Detoxification services before entering the program.

You will meet with a nurse. You will then be taken to the program you are entering to get oriented and settled into your room/program.

Clients have 5 business days to pick up items if they leave treatment and do not take their belongings. After 5 business days, items will be destroyed or donated.

ST MONICA'S IS NOT RESPONSIBLE FOR ANY PERSONAL ITEMS BROUGHT WITH YOU TO TREATMENT OR LEFT BEHIND WHEN YOU LEAVE.

St. Monica's have a couple **comfort dogs** in our treatment buildings, you will have an opportunity to meet them while you are in treatment at St. Monica's. If you have any concerns or allergies to a dog please notify admissions staff to address the concern.

If you have any questions about the admission process, please call:

Recovery Specialist	402-434-2814
Admissions Specialist	402-441-3768 ext 204
Admissions Coordinator	402-441-3756