

**PATIENT INFORMATION  
RESIDENCE XII**

**GUIDELINES**

All prescription drugs must be in the original container and cleared by Assessment Counselor, Women's Health Specialist, or Treatment Director or will be considered contraband and destroyed.

Do not bring over-the-counter drugs unless you have a condition requiring regular use of an OTC drug i.e. Ibuprofen. You are expected to provide your own in that case. It must also be approved by the Clinical Team.

Vitamins must be in a new unopened container, limited to one multivitamin container. Vitamins cannot contain herbal supplements.

Personal Focus Time: There are no visitors or phone calls for the first 5 days. You may receive cards, letters and flowers, and send mail.

Sugar and caffeine free meals, beverages and snacks *are* provided by Residence XII. Please do not bring in food or beverages.

No radios, audio or video tapes are allowed. No CD's, pagers, cameras, cell phones or personal computers.

Do not bring valuable jewelry or more than a small amount of cash to cover pop, AA meetings, etc. Please have a credit card, cash or checks available to cover the cost of your prescriptions

Do not bring more than 2 recreational reading materials. This includes magazines.

No perfume as many people are allergic to perfume.

**PHYSICAL:**

If you have not had a physical exam, blood work (CBC, BMP) and TB test within the last 90 days you are required to have these before admission (this can be done by your personal physician).

If not done and Residence XII must make arrangements with a local clinic, you are responsible for the cost. Results of the physical exam, blood work (CBC, BMP) and TB test must be placed in your Residence XII file. If you have already had a physical, please bring results with you; including laboratory results.

## **DETOXIFICATION PROCEDURES**

- **Complete** detoxification from all mind-altering substance is required prior to admission to our program, with a minimum period of no use for 72 hours.
- Medical or hospital detoxification can be as long as five to seven days.
- Detoxification needs will be screened for at the time of the assessment.
- Medical clearance from a doctor, hospital or detoxification center may be required.

## **WHAT TO BRING**

Pack enough for one week. Laundry facilities are available once a week. Detergent, linens, and towels are supplied.

Casual clothes — things you will be comfortable wearing, plus clothes for outside AA meetings Walking shoes, tennis shoes

Exercise clothes (sweats, leggings, T-shirt)

Bathrobe, slippers, etc

Jacket, sweater, umbrella

Phone card

Stationary, stamps alarm clock (no radio), personal addresses/phone numbers

You may bring your own pillow.

If you have a Big Book, 12 X 12, or NA book, bring them; if not, they will be loaned to you

**Insurance card and picture ID, such as driver's license**

## **PERSONAL TOILETRIES: Toiletries cannot have alcohol listed in the first 3 ingredients.**

Tampons and pads.

Facial toners - check the label

Hair gel – check the label

Shampoo and conditioner- Many conditioners have alcohol. Check the label. Some conditioners do not contain alcohol, such as Mane & Tail, Bioelements, or Aveda. Check at drug stores or natural food stores.

Hair Spray – must not have alcohol in the first 3 ingredients! It is available at Sally's Beauty Supply stores.

Body Lotions – Vaseline Intensive Care, Lubriderm, Eucerin

## **DIET**

Residence XII is committed to providing wholesome, nutritional meals during your stay. Special dietary requests will only be accommodated for those with specific medical conditions, i.e. diabetes, heart conditions, food allergies. Other diet plans/food plans, i.e. low-carb, Atkins, vegan, etc. cannot be managed by our kitchen facilities. We can accommodate a vegetarian diet (although not vegan) if specified prior to admission.