

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 five 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 two recreational reading materials. This includes magazines.
- No perfume as many people are allergic to perfume.

PHYSICAL:

- If you have not had a physical exam and blood work (CBC, BMP) 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 and blood work (CBC, BMP) 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 three 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.
- Hairspray – must not have alcohol in the first three ingredients!
- 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.