

PATIENT INFORMATION RESIDENCE XII

GUIDELINES

- All prescription drugs must be in the original container and cleared by the Treatment Director or will be considered contraband and destroyed.
- If you require regular use of an OTC drug i.e., ibuprofen or melatonin, you are expected to provide your own in that case. It must also be approved by the Women's Health Specialist or Treatment Director.
- Vitamins must be in a new unopened container, limited to one multivitamin container. Vitamins cannot contain herbal supplements. If supplements are requested they must be approved by the Women's Health Specialist before admit.
- Personal Focus Time: There are no visitors or phone calls allowed for the first 5 days. You may receive cards, letters, or flowers, and send mail.
- Meals, beverages, and snacks are provided by Residence XII. Please do not bring in any 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 soda, AA meetings, etc.
- Please have a credit card, cash, or checks available to cover the cost of your prescriptions. These may be stored in the Resident Manager's office for security.
- Do not bring more than 2 recreational reading materials. This includes magazines.
- No perfume or strong scented lotions, as many people are allergic. We are a fragrance free facility.
- Chewing tobacco is not allowed. Nicotine patches, gum, and cigarettes are allowed.

PHYSICAL

You must have a physical exam and blood work (CBC, BMP) within the last 90 days before admission. This can be done by your personal physician. If not completed, Residence XII must make arrangements with a local clinic, which may require a copay. Your insurance would be billed for the visit. Results of the physical exam, blood work (CBC, BMP) will be placed in your file. If you have already had a physical, please bring the results with you; including laboratory results.

DETOXIFICATION PROCEDURES

- Complete detoxification from all mind-altering substances is required prior to admission to our program. Patients must be able to participate in programming and have medical clearance.

- 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-shirts)
- Bathrobe, slippers, etc.
- Jacket and sweaters
- Phone card/Quarters
- Flashlight
- 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
- Debit/Credit card
- 30 day supply of medications if possible

PERSONAL TOILETRIES:

- Tampons and pads
- Facial toners- check the label. Must not have alcohol in the first 3 ingredients
- Hair gel
- Shampoo and conditioner
- Hair spray- must not have alcohol in the first 3 ingredients! It is available at Sally's Beauty Supply stores and other whole food markets.
- Body lotions- Vaseline, Lubriderm, Eucerin are good choices. Many lotions have a strong fragrance, which is not allowed.

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 or gluten free diet if specified prior to admission.