

# Lifeline Connections Residential Treatment Program

Most of your needs are provided, however you may want a few personal items. **Please limit 2 bags per person.**

## WHAT TO BRING:

1. Any prescription medications that are approved by our RN. Must be in original bottle with dosing instructions, must be valid and current. Do not mix medications in one bottle. Any over the counter medication you normally use. Please review the attached OTC approved med list. No additional medications will be allowed unless prescribed by a physician.
2. Personal hygiene products (shampoo, conditioner, soap, deodorant, etc.).
3. **Alarm clock**
4. MP3-type player or CD player music only, no video. Must have headphones .I Phone cannot be used for music.
5. Small radios ok
6. Bedrooms come furnished with all bedding and linens.
7. Please dress appropriately for a co-ed facility. Clothes must cover stomach, cleavage. tank tops are not allowed on the unit
8. Pajamas, bathrobe, shower shoes, and good walking shoes
9. Tank tops are only allowed at the gym.
10. Shorts and skirts must be to the knee. Short shorts will be kept in storage until your departure
11. Nicotine Replacement Therapy (patches only)
12. Phone card

## WHAT NOT TO BRING

1. Electronic or video games
2. Cigarettes and chewing tobacco.
3. Any device with internet access (includes I pods)
4. **Cell phone.** Cell phones cannot be used for music. Bring an mp3 player or CD player.

- **It is recommended you leave your phone at home, you will not have access to it while in treatment**

5. Colognes and perfumes, hair spray, and other items subject for removal.
6. Any items or clothing with drug or alcohol symbols, logos, slogans
7. Any items or clothing that are racial, sexist, gang related or homophobic in any form
8. No valuables. We do not have sufficient locked storage. PLEASE LIMIT CASH to \$20.
9. No food or snacks.
10. Any device that has internet or phone access.
11. No nail polish
12. No hats, scarfs or bandanas.
13. Hair straighteners
14. Stuffed animals
15. Sports equipment (provided at site)

***ALL ITEMS ARE SEARCHED AND SUBJECT TO APPROVAL.***

***THIS LIST IS ONLY A GUIDELINE.***

## **Other Things to Expect:**

1. The **Focus Phase** starts on your arrival and will last 5 days. During this time you will stay on site (that means no out of house activities, including meetings). We understand emergencies may occur and in this case you will fill out a Needs Request and give it to your counselor. During this time, you will be able to focus on your homework, the changes occurring within yourself and skills to help you manage temptations.
2. **No Cell phones:** Scheduled phone times will be provided during your stay. You will not have access to your phone during your course of treatment. Record all your phone numbers prior to entering treatment.

## Approved Medications for Residential Treatment

You may bring over the counter medications listed below with you to treatment. They will be administered at the discretion of medical staff after all allergies have been documented and reviewed. **All medications must be in the original container and SEALED upon arrival.**

- **Multivitamin w/minerals:**
- **Thiamine/B1:** 100mg tablets
- **B complex:**
- **TUMS:** 750 mg chew tabs
- **Pepto Bismol:**
- **Docusate Sodium USP:** 250mg capsules
- **Simethicone (Gas-X):** 125mg tablets
- **Senna:** 8.6mg tablets
- **Imodium:** 2mg tablets
- **Loratadine (Claritin):**10mg tablets
- **Orajel**
- **Acetaminophen (Tylenol):** 500mg tablets
- **Ibuprofen:** 200mg tablets
- **Tussin:** 10/100mg/5ml solution
- **Cough drops**
- **Benadryl (diphenhydramine):** 25mg tablets
- **Melatonin:** 5 mg tablets
- **Naproxen:** 220mg tablets
- **Magnesium citrate:** 200 mg tablets

### **General categories:**

**Vitamins**

**Pain relievers/Fever Reducers**

**Stomach medications to relieve:**

- **Constipation**
- **Diarrhea**
- **Indigestion**
- **Gas**

**Sleep Aids**

**Allergy/Cough medications**