

Please review this document to prepare for your treatment with us.

How to prepare for adult treatment:

1. Review the attached "What to bring to treatment" including cash, credit card, or debit card.
2. Make a list of emergency/family phone numbers to bring with you to our facility.
3. Make any necessary phone calls prior to admitting.
4. If you need to have a "Presence in Treatment" letter sent to anyone, (Probation, Judge, Lawyer, Employer, EAP, Therapist, Doctor, etc.) please bring their name and contact information with you.
5. We do not transport clients off-campus for any personal shopping, haircuts, money grams, etc.

Upon arrival – the Admissions process:

1. We will welcome you and answer any questions you and your family may have.
2. We will collect a payment, if applicable, and make a copy of your photo ID and insurance card.
3. We will begin the Admissions process by:
 - a. Completing the intake and admission paperwork
 - b. Completing the face-to-face admission interview
 - c. Conducting a non-invasive body search
 - d. Conducting a search of your personal property

Dress Code - Patients will be issued medical scrubs upon their admission to the PaRC. Clothing and other items are returned on Day 3 of treatment.

INFORMATION FOR THE PATIENT'S LOVED ONES:

Due to HIPAA laws, we may not release any information about a patient unless the patient has provided written consent. The patient will create a unique pin number that will also be required for access to information. Consent to release information can be revoked by a patient at any time during their treatment stay.

COMMUNICATION:

Patients are permitted to make phone calls using facility phones. There is a 5-day blackout period, wherein you are not allowed to make phone calls or use the computer lab during this period. Family members can call in and leave a message for the patient. Patients are unable to receive phone calls directly. The use of cell phones is not permitted during treatment.

VISITATION: (CURRENTLY SUSPENDED DUE TO COVID RESTRICTIONS)

We encourage family involvement in the patient's recovery process. While we currently do not offer open visitation days/hours, the assigned counselor may schedule family sessions (via phone or video conference).

COUNSELING:

Each patient is assigned a primary counselor upon admission. Your counselor will be the primary contact for family and other loved ones regarding treatment, concerns, or questions. We encourage family and significant others to attend PaRC's Family programming including family orientation, family education, and the Family 2-Day program. Information will be emailed to your loved ones after you admit to treatment. Additional support services in the community include al-anon and nar-anon. Locations and times can be found at www.al-anon.org and www.nar-anon.org.

NURSING:

We provide a residential level of care and medical detox through our medical and nursing staff who are available 24 hours a day, 7 days a week.

HOW INSURANCE WORKS AFTER THE PATIENT HAS ARRIVED:

Each insurance company has medical-based guidelines that we must follow to access the benefits provided in their policy.

Step 1: Pre-certification: We call the insurance company and inform them the patient is here. Insurance will then approve the initial admission and will give us a date to review the patient's progress.

Step 2: Concurrent Reviews: We call the insurance company to report the patient's progress. The insurance company will then approve the use of benefits for a specific time and set a date for the next review. This step is repeated as many times as the insurance company requires. We work diligently to maximize the treatment days available for each patient.

What to bring to treatment? (Limit to 1 suitcase and 1 additional bag)

Patients must come to treatment with all their necessary clothes and shoes.

- All prescription medications for the entire stay in their original containers (samples are prohibited).
 - Not allowed: narcotics, amphetamines, controlled substances, sleep aids, etc. They will be destroyed!
 - Please place all your medications in one bag.
- ID or Driver's License- This will be needed to fill any medications.
- Insurance/prescription/pharmacy card and Dental insurance (or payment method for prescriptions).
- Personal spending money via cash, credit card, or a prepaid Visa Gift Card (\$100+/-).
- Toiletries – **MUST BE NEW and UNUSED** (Cannot Contain Alcohol in first 3 Ingredients), (NO Q-Tips or Cotton Balls).
- Casual conservative clothing for 10-14 Days.
- Light Jacket or Sweatshirt – It can be cool in the building and at night outside.
- Laundry facilities are provided -must bring laundry detergent (No PODS).
- A bookstore is open on campus for the ability to purchase books, snacks, and recovery-related items.
- A minimum cigarette / Dip (pouches only) supply for your entire stay. Cigarette packs / Dip Canisters **MUST** be unopened. Additional cigarettes / Dip can be dropped off by family or a loved one while in treatment. E-cigarettes/Vapes are NOT permitted. (No drop-offs are permitted on Sundays).

Prohibited Items:

- Drugs / Alcohol—Patients are not allowed to purchase, possess, or use legal or illegal mind/mood-altering substances, including over-the-counter cough and sleep aids. No drug paraphernalia is allowed. If you have legal or illegal mind-altering substances in your possession at the time you are admitted, you will be asked to give these to the nurse on duty. Illegal substances will be disposed of.
- Electronic devices including laptops, tablets, smartwatches, video games, DVDs, cameras, TVs, and E-readers, (Vapes/E-cigarettes are not permitted, (Alarm clocks are allowed if they are not internet/Wi-Fi capable).
- Cell phones: You may want to travel with your cell phone to our facility; however, we will place it in our safe upon arrival.
- Mouthwash containing alcohol.
- Aerosols.
- Over-the-counter medications.
- Torch lighters.
- Weapons and/or anything deemed so by staff.
- Paints, paint thinner/remover, turpentine, denatured alcohol, rubbing alcohol, kerosene, gasoline or Freon, fireworks, candles, incense, airplane cement, glue, or adhesives.
- Hair dyes or hair coloring products, nail polish, and polish remover.
- Sports equipment (weights, fishing poles, baseball bats, etc.).
- Pornography.
- Clothing: Clothing or hats with inappropriate messages or symbols which have sexual, gambling, racial, alcohol, or drug references; low-cut/mid-drift shirts, crocheted, knitted, or see-through shirts; shorts higher than 2 inches above the knee. Sleeveless shirts, flip-flops, or slides are prohibited.
- Perfume/Cologne/Body Spray/Body Oils (baby oil is the only exception).
- Outside Food/ Drinks- NOT ALLOWED TO BE BROUGHT ON CAMPUS.
- Coolers, coffee pots, cooking devices, electric blankets, heating pads, and stuffed animals.
- Blankets, Sheets, Towels, mattress toppers, any other bedding, or linen items are not permitted. (Pillows are allowed if new and still in a sealed package).
- Other items deemed inappropriate for treatment as determined by staff.