

## WALKER CENTER POLICIES AND PROCEDURES

SUBJECT: Items Permitted in Residential Treatment

POLICY NO: **11-3**

DEPARTMENT: ADMISSIONS

EFFECTIVE DATE: 05/09

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**POLICY:** To provide those seeking admissions into residential treatment a list of what to bring to treatment.

### **What to bring to treatment:**

- Personal pillow for comfort; personal bedspread or comforter if you desire
- 7 days of casual clothing, including pajamas and a sweater or jacket
- Colder seasons: coat, stocking cap, gloves, warm socks, sweatshirts, long underwear, warm boots
- Comfortable walking shoes for exercise
- Long-distance calling cards
- Specific laundry detergent if desired. Laundry facility is available at no charge, with soap and fabric softener available.
- Pre-filled prescriptions
- All current medications with full pharmacy label intact. Over-the-counter, liquid medications, Aspirin/Advil type medication, antacids, etc. must be unopened. No samples of prescriptions are allowed. Multi-vitamins must be new and sealed.
- Personal insurance, ID, and contact information; contacts may include telephone numbers of an emergency contact, primary care provider or doctor, and attorney
- Personal grooming items, electric or disposable razors, shaving cream, etc. Not all personal care items are permitted because many can be potentially used as a substance. For example, mouthwash and some toothpaste are not permitted because of high alcohol content.
- Co-payments for prescription medications - cash or credit card
- Alarm clock
- Nicotine patches or lozenges (no gum)

Sorry, we are unable to cash checks. Please bring enough cash to pay for any medications you may need or your co-payment on medications. All money must be locked in safe. You can put money on your account for miscellaneous purchases such as Walker Center merchandise or incidentals.

### **What not to bring:**

- Alcohol or drugs
- Sample medications
- Pornography
- Weapons of any kind (including pocket knives)
- Stuffed animals
- Electronic equipment
- Excessive makeup, clothing, jewelry
- Musical device with recorder
- Mouthwash containing alcohol
- Food or drink of any kind
- Any personal care products containing alcohol

- Aerosol sprays
- Laptops and other internet-capable devices (including wrist bands)
- Cell phones
- Smart watches
- Jewelry or valuables
- Bleach, ammonia, or other cleaning supplies
- Permanent markers
- Cards, games
- Rolled tobacco, cigars, cigarillos, pipes, vapes, or electronic cigarettes
- Herbal products
- Books or magazines
- Gel pens and/or coloring books

Valuables can be locked up, but it is best if you leave valuables, such as extra credit cards or jewelry, at home.

**Clothing restrictions:**

- No tank tops or halter tops
- No shirts that show midriff (with arms up, skin, underarms, and underwear should not be visible)
- No “short” shorts; shorts must be no higher than 2 inches above the knees
- No writing on t-shirts or ball caps related to drugs, alcohol, bars, gambling, or other inappropriate wording