

Packing for Treatment Guidelines

Thank you for choosing the YWCA Center for Life Empowerment and allowing us to be a part of your journey toward positive life changes. Please read this guide to assist in your planning and packing. We encourage you to call if you have any questions. (*See the contact numbers on the last page.*)

You may bring the following:

_____ **Medications:** If you currently are taking prescribed medication, please bring a 30-day supply at the minimum and the doctor's orders for that medication. Staff will review all prescription medication during the course of your treatment stay. All prescription medication must be in its original container. Please bring any over-the-counter medications you anticipate needing along with a doctor order for these over-the-counter medications or you will not be allowed to take these medications. All medications will be kept in secure storage, staff will assist you in receiving your medications at designated times. *Please note that we may be unable to admit you if you do not bring a 30 day supply.*

_____ **Clothing:** 10 days change of clothes (no clothing with drug, alcohol, gambling or bar slogans), plus pajamas, robe and slippers. Due to limited space, please minimize the amount of clothes you bring. Bring clothes hangers if you wish to hang clothing; bedrooms have small closets.

_____ **Personal hygiene items:** Non-aerosol, non-alcohol soap, deodorant, toothpaste, shampoo, feminine hygiene products, shaving items. Disposable razors (no straight/removable blades), tweezers, nail clippers/files, curling irons, and hair dryers are allowed. These will be placed in secure storage; use of these items will be monitored by staff.

_____ **Alarm clock:** Please bring your own alarm clock if you would like one.

_____ **Phones:**

Phones are available for local calls and long distance and utilization is based upon need and progress.

_____ **Fees:**

- **Title 19 and Iowa Wellness** – If you have insurance, please bring a copy of your insurance card.
- **Financial assistance** – Financial assistance is available for those who qualify. You will need to provide income verification in order to determine your eligible aid. This can be done by bringing a current pay stub, unemployment information and/or obtaining financial verification from the nearest Workforce Center ask for a statement of earnings. Please bring this information with you on the day of admission.
- **Food Stamps** – YWCA Center for Life Empowerment does accept partial payment through food stamps. If you currently have food stamps, you may wish to bring your card. YWCA Center for Life Empowerment will also assist you in applying for food stamps if you are eligible.
- **Payment** – You will be expected to make payments while in treatment, based on your assessed ability to do so if you do not have Title 19 or Iowa Wellness funding. As partial payment for the cost of your services, please bring a minimum of \$60 to pay on your bill.

Tobacco products: If you smoke, please bring a month's supply, as YWCA Center for Life Empowerment does not sell tobacco products. The opportunity to leave the facility to purchase tobacco products will not be provided during the first weeks of your course of treatment. Cigarettes must be in unopened packs, and all other tobacco products must be in sealed containers. It is expected that you will refrain from sharing tobacco products with others during your stay.

This may be a good time to cut down or quit smoking. Our staff can assist, if you desire.

_____ **Physical & TB Test:** You are required to have a physical and tuberculosis test conducted no more than 90 days prior to admission or within 5 days of admission. If you have had a physical or a TB test recently, please bring documentation. If we are unable to obtain verification of a physical or a TB test prior to admission, you will be required to have one within 5 days.

_____ **MP3 and other portable music players:** These devices are acceptable, provided they are absent the ability to record in any way, including pictures, videos, or voice. Devices with these capabilities will be placed in secure

storage and returned when you complete your stay with us.

____ **Cars:** If at all possible, please leave your vehicle at home as parking space is limited. If unavoidable, we request proof of a valid driver's license, registration, and car insurance. Vehicles on YWCA Center for Life Empowerment property will be searched by YWCA Center for Life Empowerment staff to ensure safety.

____ **Linens:** Staff will provide you with one set of linens and a towel and washcloth for your stay. You are welcome to bring your own, if you would like more than one set.

____ **Letters:** Please bring letter writing materials, including stamps if you desire to write letters during your stay

____ **Money:** The YWCA Center for Life Empowerment will provide a place to lock up your money. We advise leaving valuables at home. You may wish to bring change for pop machine. We do not keep change on hand for these purposes.

____ **Cell Phones:** Cell phone use is not allowed while in the first phases of residential services and is, even in the later stages of your treatment a privilege earned. Understand that this privileges may be rescinded at any time for violation of rules and/or inappropriate behavior. Should you choose to bring a phone, please understand that it will be locked up during your stay. You may request access to your phone if you need to obtain contact information.

____ **Other Items:** Space in our residential unit is limited. Please pack carefully and minimally. Due to limited space, *please be aware that items abandoned for more than one week will be donated or destroyed.*

The following items may not be brought to the YWCA Center for Life Empowerment:

- Weapons or tools
- Food or beverages, candy, gum
- Marking pens, white out
- Butane products, lighters filled with liquid fuel
- Cameras
- Razors with removable blades
- Hairspray, perfume, cologne, mouthwash, astringent, finger nail polish or remover
- Drug paraphernalia
- Glue, paint
- Diet aids
- Glass containers
- Pets

Additional Information

Visitors:

We encourage your friends and family members to be a part of your treatment experience. Your counselor must approve all visitors before visiting day. Visitors are required to leave all purses, back-packs, and satchels at home or in their vehicle.

Our visiting hours are:

Saturday and Sunday from 1:00 pm to 3:00 pm.

Wednesday 6 PM to 7 PM

If you have questions, please contact us at: 515-573-3931 or info@ywcafd.org