

INFORMATION FOR PERSONS BEING ADMITTED TO ADU FOR WOMEN

P.O. BOX 37 MANDEVILLE, LA 70470 PHONE 985-624-4100 OR 4121

**** No smoking on Northlake Behavioral Services Grounds for visitors and staff ****

Clients may smoke in designated areas only.

ADMISSION TIME: 9AM UNLESS OTHER ARRANGEMENTS HAVE BEEN MADE

SUGGESTED CLOTHING LIST FOR ADU:

Limit your clothing to no more than 5 outfits, as storage space is small. You will be allowed to wash at least one load of clothing twice a week. Bring clean clothes.

1. Jeans, slacks, sweat suits, skirts, dresses, shirts, blouses, and sweaters for everyday wear. Warm outer wear for cold weather. No sleeveless shirts.
2. Shorts may be worn in warm weather. Shorts must have a 7-inch inseam or more, or be no shorter than 4 inches above the knee.
3. Comfortable shoes for everyday wear and recreation. Bring shower shoes.
4. P.J.'s and nightgown, robe and slippers.
5. Underwear, socks. Clients must wear bras except at bedtime.
6. Skin tight and/or provocative clothing and anything with a drug or alcohol related design are not allowed. Clients may wear leggings and stretchy shorts, but only with a LONG shirt which covers the derriere.
7. No perfume, cologne, body spray, or the like.

You may bring blow dryers and curling irons if you wish, as well as general cosmetic and toiletry articles. Bring your own writing materials, paper, pens, envelopes, stamps, etc. Bring a notebook or similar to journal.

ADU furnishes: Bed linens, towels, face cloths, and laundry soap. A washer, dryer, iron and an ironing board are available at no cost. You may bring an extra blanket or bed covering and your own pillow, if you wish.

DO NOT BRING any other appliances, radios, recording equipment, cameras, headphones, tape players, pagers, or cell phones. DO NOT BRING candy, chips, or any food or beverages as these items cannot be kept in your room. DO NOT ask family or friends to send or bring snacks with the exception of food for your enjoyment on visiting day.

VEHICLES: Clients MAY NOT keep their vehicles on the grounds. Arrange for someone to bring you.

MONEY: Meals and snacks are provided and clients are not required to bring spending money. However, there are vending machines for drinks and treats. You may bring cash only. No money orders are allowed because they cannot be cashed.

If you take MEDICATION, bring a 30-day supply of each approved medicine and include directions. You must turn in all medications upon admission. The medicines you take at ADU must be approved by our physician and dispensed by our nurse. Any leftover personal medications will be returned at discharge.

NO PASSES while here in treatment.

VALUABLES: You will be provided with a lock while you are at ADU to secure your belongings. You are responsible for your own valuables.

VISITORS: Visitation will be coordinated along with the Family Education component of our program on Wednesdays. Clients may use the phone beginning the second Friday of your stay here. No incoming calls for clients. No items to be dropped off without permission. Clients may receive mail and packages.

BRING: Photo ID and **Proof of Income**. Income proof may be any of the following: current Medicaid card, Food Stamp award letter, Social Security/Disability award letter, termination letter or pink slip from your last employer, or paycheck stubs from the last 3 months. If you are married, please bring proof of your spouse's income as well. **Proof of Incarceration** may be used as Proof of Income in certain circumstances.

YOU WILL BE CHARGED A FEE IF PROOF OF INCOME IS NOT PROVIDED.