

A Guide for Persons Served Seeking Admission to FPHSA's Residential Treatment Programs: FTC and ADU

Suggested List of Things to Bring:

- Storage is limited, and there is laundry service on site, so please limit clothing to what will fit in a small duffle bag or suitcase, but no more than 5 sets of regular clothing.
- Regular clothing typically refers to jeans, slacks, sweat suits, shirts/t-shirts and blouses, and sweaters for everyday wear. Bring a jacket because temperatures may vary.
- The treatment environment supports logos and designs on clothing. As a sign of respect to everyone on the unit, logos cannot reference drugs/alcohol, sex, and/or political topics.
- For your comfort, we ask that you bring only blouses/tops/shirts with sleeves.
- Shorts may work when the weather is warmer outside but need to be loose and hit no higher than 4 inches above the knee. You may need to participate in activities that will require this sort of fit.
- Comfortable shoes for everyday wear and recreation are recommended. Bring shower shoes when possible.
- P.J.'s, robe, and slippers are allowed. You may consider using sweat suits as an alternative. Be sure that slippers fit well and have non-slid bottoms.
- Underwear and socks.
- Mild fragrances such as those found in soap may be allowed, but strong perfumes and colognes and other alcohol-based body washes and spritzes should be left at home.
- Personal hygiene products that meet the above criteria are welcome and the facility will provide you with these products if you do not have any.
- Writing materials (paper and pen,) books and journals are encouraged. Leave those with logos, pictures, etc. of nudity, alcohol and drugs at home, please.
- Hair tools and blow dryers are fine.
- Extra/preferred personal blankets or pillow covers are fine but not necessary as the facility provides bed linens, towels etc.
- Disposal razors are allowed.
- **All medications that you have, as well as the name and number of your pharmacist.**

Do Not Bring:

- Appliances and tools (radios, recorders, MP3 players, electric razors, sharp objects, lighters, etc.) Lighters will be available from staff for your use, as allowed/scheduled.
- Vehicles: Please arrange for someone to safeguard your vehicles. If you have no one, please ask to speak with the director prior to the day of admission.
- Money, over \$100.00. If you can, please secure your money in the bank or with a trusted family member or friend.
- Anything of value, including valuable jewelry/expensive watches/designer clothing, etc.

FPHSA needs the following at admission, so bring all that you have if you have not sent them in already:

- ID
- Proof of income (may include current Medicaid card, Food Stamp award letter, Social Security/Disability award letter, termination 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.)