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### **What to Bring-What to leave at home:**

**Stepping Stones to Recovery Residential services is designed to be a shared living space with safety in mind. In order to offer all a shared, safe space, we must establish what personal property will be accepted at time of admission.**

**At time of intake, you will be provided a locker, where all personal items, money, cell phone, wallet, and tobacco products must be stored. You will be the only person that has the code/lock combination.**

**You will be assigned a room, which will be shared, there are no single "private rooms" available. In that, there is limited storage for clothing. For that reason, the following clothes items will be accepted:**

- **Five changes of clothes (five pairs of pants, five pairs of socks, five pair of undergarments, five shirts),**
- **One jacket or coat-depending on the season,**
- **One pair of shoes, and one pair of house shoes (slides, flip flops, slippers),**
- **1-2 sets of clothes that could be worn during exercise time, and**
- **1 set of clothes that would be appropriate for spiritual/church related activities,**

**Clothes that will not be accepted: any article of clothing depicting: alcohol, drugs, or artists/celebrities that are known for alcohol or drug use, any article of clothing with offensive language, or what would be considered gang related.**

**White undershirts can be worn as an undershirt-not as a shirt.**

**Per policy, at time of admission, all clothing will be washed, dried, and returned to you. All laundry services are provided.**

### **Medication:**

**If applicable, medication will need to be checked in and must be a current prescription by a medical provider that can be contacted and filled by a pharmacy that will be contact (with appropriate consent). You will need a full 30 days of medication. No over the counter medication (OTC) will be accepted, however, there are OTC that will be offered. If you are required by medical**

provider to take an OTC as part of an overall medication requirement, verification will be requested and the OTC must be new, un-opened and will be stored with prescription medication.

#### **Hygiene:**

Stepping Stones to Recovery will provide hygiene items (soap, shampoo, tooth brush, tooth paste) if/as needed. Please do not bring your own.

- No cologne or body sprays,
- No aerosol products -deodorant and/or hair products,
- No hair products that contain alcohol-such as hair gel,
- No hand sanitizer,
- No rubbing alcohol, and
- No mouthwash containing alcohol.

Any product that intake staff determines to be risky for facility, will be rejected.

#### **Tobacco products:**

All cigarettes, vape, chew, and lighters must be un-opened and checked in with staff at admission. There are designated smoking times and locations.

Any opened products will be disposed of and the facility is not responsible for reimbursement.

Vapes-only disposable vapes-no refillable vapes with "tanks and juice" will be allowed.

If purchasing tobacco in the community, the items must be unopened until facility staff can inspect.

If you are under 21-tobacco products will not be approved for use.

Nicotine cessation programs will be available at request of client.

#### **Money (cash or card):**

All money must be stored in client locker, see policy. You will not be allowed to carry money around the facility, as there is no need. The amount of cash at time of intake will be listed, as with other property on property check in at time of admission. Checked out at discharge, therefore, keep receipts.

**Bring identification, and insurance card (if applicable).**

**Cell phones are permitted, however, will be locked in locker when not in use and overnight. You must bring own charger and only one phone is permitted.**

**If you do not have a cell phone, office phone will be available for you to use, time limited, during phone time and/or on weekends.**

**If items are brought that are not allowed, they will be stored until discharge, or can be sent home with a family member.**

**Stepping Stones to Recovery will make reasonable accommodations and responses to lost/stolen property, however, you are responsible for your personal possessions. Do not bring the following:**

- **Personal computers,**
- **Televisions, DVD players, DVD's or CD's,**
- **Alarm clocks,**
- **Radio, speakers, Mp3, IPOD, any personal music device,**
- **Any bedding that you bring will not be accepted, including pillows.**

**Thank you for your consideration**

**Charity Muth, Owner**