

# FOUNTAIN CENTERS

*A Mayo Clinic Health System program for substance abuse and addiction*

## Adult Men's Residential Unit

### WHAT TO BRING TO TREATMENT

- Prescription medications** you are currently taking. Please bring enough to last the entire treatment stay (approximately 30 days worth). If insulin dependent, needles need to be in a hard case.
- Insurance cards**
  - All funding arrangements are required to be in place prior to admission.
  - Self-pay residents are required to set a payment plan with Patient Account Services.
  - If you are funded by the Consolidated Chemical Dependency Treatment Fund (CCDTF), you must have a patient placement authorization completed from your county.
  - If you have insurance coverage, we will do our best to pursue any payments for which you are eligible, but ultimately you are responsible for payment.
- Personal Hygiene Products (non-aerosol)**. We do not allow cologne, perfume, body spray or aftershave.
  - Shampoo
  - Deodorant
  - Toothbrush and toothpaste
  - Comb/Brush
  - Hair styling and facial products need to be virtually alcohol free (alcohol is not in the first 3 ingredients, excluding shampoo/conditioner/lotion/hair gel)
  - Disposable razors
  - Shaving cream and lotion (if you prefer your own otherwise they are provided)
  - Hair dryer (if desired)
  - Laundry detergent
  - Shower sandals / shoes for shared showers
- Clothing** (comfortable):
  - Long pants
  - Knee length shorts
  - Shirts
  - Socks
  - Undergarments
  - Tennis shoes (sandals can only be worn on the unit or brought with to appropriate recreational activities, close-toed shoes are required on hospital grounds. Shoes, slippers, flip-flops or sandals must be worn on the unit at all times).
  - Sleepwear
  - Active wear for recreation activities
  - Swimwear
  - Outerwear appropriate for the season (hats and gloves are required in the winter)
- Stamps**
- Phone/calling cards** (in order to make long distance calls these are required)

- **Addresses and Phone Numbers for individuals that may be involved in the treatment process:**
  - Family Members
  - Probation Officer
  - Primary Medical Clinic
  - Other Referrals (e.g. Social Worker, Mental Health Case Worker, Rule 25 Assessor)
  - Prior Treatment programs you have participated in
  - Mental Health Therapist or Psychologist/Psychiatrist

### **WHAT TO BRING IF DESIRED**

- **Pictures** that do not include any reference to alcohol or drug use, gangs, or are sexual in nature.
- **Tobacco products** no loose tobacco, rolling products, home-rolled cigarettes, or ecigarettes (electronic or vapor) are not allowed and no lighters or matches are available. Only pre-packaged, factory-sealed cigarettes. **Smoking is allowed only during scheduled smoke breaks.**
- **Fan**
- **Pillow/blanket/comforter** - a light blanket and pillow are provided – you are allowed to bring 1 pillow/blanket/comforter to treatment and must be washed upon your arrival, prior to use.

### **WHAT NOT TO BRING TO TREATMENT**

- Drugs or paraphernalia
- Weapons
  - Pocket knives
  - Anything that can be construed as a weapon
- Electronics including but not limited to:
  - Heating pad or electric blankets
  - Cell phones
  - i-pods, mp3s, etc.
  - computers
  - video games
  - CD players or CDs (radio is available during free time)
  - Cameras
  - Game consoles or hand-held devices with internet access
- Valuable jewelry
- Hair coloring
- Clothing:
  - Clothing that includes: drugs and alcohol references, rock bands, gore or shirts that portray offensive or negative topics/picture (e.g. skulls with blood or snakes)
  - Excessively ragged, tight or revealing clothing and jeans with holes above the knee.
- Food, pop or liquids of any type (individually wrapped hard candy is allowed if store bought, e.g. jolly ranchers, Werthers originals. Gum is allowed.)
- Crafts, including but not limited to; scissors, sharpie markers, paints, and stamps. Craft supplies are available on the unit during designated times.
- Families are allowed to bring store purchased items to the unit for birthdays and holidays only. We suggest that cakes, cookies, and candy are shared with the unit as able. Homemade items, fast food, and snacks are not allowed on the unit. Families can purchase soda for \$1.50 on our unit or bring in a factory sealed product.
- Tobacco products – no loose tobacco or rolling products.

### **MISCELLANEOUS INFORMATION**

- Alarm clocks are provided
- Laundry facilities are provided with laundry detergent and fabric softener at no cost (personal detergents are allowed based on approval and are stored with staff)
- Nicotine products are not provided or purchased by staff