

What to bring for Residential Program

1. Hygiene Products:
 - a. All Hygiene products must be unopened upon arrival
 - b. Approved hygiene products include:
 - i. Shampoo, Conditioner, and body wash (Unopened)
 - ii. Feminine Hygiene products
 - iii. Toothbrush and tooth paste
 - iv. Mouthwash (Must be alcohol free)
2. Personal Items:
 - a. Photo ID and Insurance Card
 - b. Clients are not allowed to make or receive phone calls while in treatment. But, they are allowed to send and receive letters.
 - c. Clients are allowed to bring envelopes, pens, paper, and stamps to mail out any letters to family or friends.
 - d. 1 Suitcase or luggage
3. Treatment Supplies:
 - a. Spiral Notebooks
 - b. Pens with clear barrels
 - c. Coloring books, color pencils, etc. is optional but is a great way to occupy free time.
 - i. Do not bring any type of paints or pens that contain alcohol.
 - ii. Paint of any type is not allowed
4. Medication:
 - a. All Prescribed medication must be in its original bottles with a label.
 - b. The label must contain the name of the client and not be expired.
 - c. The label must have clear instructions on how to take the medication.
 - i. All medication is taken as the label reads, no exceptions.
 - d. Medications may not be mixed with other medications.
 - e. No Pill boxes are allowed and we will not accept any type of mixed pills on unit.
5. Over the Counter Medications:
 - a. Clients are allowed to have their own over the counter medications.
 - b. They must be in the original bottles and not expired.
 - c. All over the counter medications are given as the label directs, no exceptions.
 - d. All over the counter medications must be used as directed and for the purpose directed on the bottle. (Example. You may not use Benadryl to fall asleep.)
 - e. Any type of performance enhancing supplements are not allowed. This includes protein, creatine, meal replacements, etc.
6. Approved Clothing:
 - a. Clients are allowed to bring no more than 7-10 days' worth of clothing
 - b. 7-10 Pairs of pants, leggings, sweatpants, or shorts
 - i. All leggings must NOT be see through and you must wear a shirt that full covers your butt.
 - ii. Shorts may not be shorter than 2 inches above the knee.
 - c. 7-10 Shirts
 - i. No Low cut shirts

- ii. No See through clothing
 - iii. No Tank Tops
 - iv. No clothing that is excessively tight or excessively loose.
 - v. No Crop Tops
 - vi. No Halter Tops
 - vii. No Spaghetti Straps
 - viii. No Uncovered Sports Bra's or muscle shirts
 - ix. No attire with inappropriate slogans or images that are offensive or deemed inappropriate in a substance abuse treatment setting.
 - d. 1 Coat or Jacket
 - e. 7-10 Personal Undergarments
 - f. 7-10 Pairs of Socks
 - g. 1 Pair of shoes
 - h. 1 Pair of slippers
 - i. 1 Pair of Flip Flops/shower shoes
 - j. High Heel Shoes are not allowed.
7. What not to bring to RESADA:
- a. No Cell Phones or Any type of Electronics
 - b. No Vape pens
 - c. No E-Cigarettes or Vaping apparatus of any type
 - d. No Pets
 - e. No weapons of any kind
 - f. Absolutely no outside Food/Drinks.
 - i. All outside food or drinks are not allowed to be stored in our facility due to Health Department regulations.
 - ii. If you bring food or drinks upon arrival you will be asked to get rid of any food or drink items before gaining access to the building.
 - g. Personal Blankets, sheets, or pillows of any type are not allowed.
 - i. RESADA supplies all blankets, sheets and pillows for all RESADA clients.