

ALLOWABLE PERSONAL BELONGINGS

List of things to bring for your stay at ADDS Residential

WHAT'S ALLOWED

- Comfortable clothes (Nothing too tight, too low cut, too loose or showing too much skin. Nothing advertising bars, alcohol/drugs or porn).
- Old pair of long pants, old shoes (for mowing the grass and other yard work).
- Boots, gloves, scarf, warm coat (for winter outside work).
- Socks, bras and underwear.
- Personal hygiene items (shampoo, deodorant, toothpaste, toothbrush, shaving cream, razors, conditioner, lotion, bath soap). No alcohol products allowed.
- If you are on prescription medication you will need to bring a 30 day supply of medication and have prescriptions for refills. Medication must be in original containers.
- Any over the counter medication that you might need (Tylenol, Ibuprofen, etc.)
- Alarm clock
- Sweats and tennis shoes (for the YMCA/YWCA)
- An ID
- Food stamp card (if you already have one)
- Phone card for the payphone
- Envelopes/ stamps/paper/pens and pencils
- Extra towels, washcloths
- CD players and music (must have headphones to listen with)

NOT ALLOWED

- Tank tops
- Any aerosols
- Cell phones
- Any over the counter sleeping medication, caffeine pills, etc.
- Food/drink
- Cameras
- Weapons of any kind (including pocket knives)
- ADDS has free laundry facilities on site (2 washers, 2 dryers). We also provide laundry soap. Clients are guaranteed at least one day a week to do their laundry.
- ADDS provides free snacks 3 times a day.
- There is a pop machine in the residential facility. Cost is 50 cents –exact change only. Change is available upstairs in the Administration Building from 8:15 am to 9:45, Tuesday through Friday.
- ADDS provides each client with 1 set of sheets (for single bed), 1 blanket, 1 bedspread, 1 pillow, 1 pair of shower shoes, 1 bath towel and 1 washcloth.

- ADDS is a Tobacco Free Campus. Patches are allowed in the residential treatment program."
- ADDS residential clients do go to the library at least once a week. Providing they have proper ID and can get a library card, they will have internet access while there.

OTHER IMPORTANT INFORMATION

- Clients will be provided with a copy of the rules upon admission.
- Clients who make any medical appointments will be financially responsible for transportation to and from appointments as well as the appointment itself.
- All client medication, prescription or over the counter, will be locked up in the medication room. Clients are responsible for taking their own medication. Any medication brought into ADDS after client's admission must be immediately turned over to staff. Clients are responsible for requesting their medication at appropriate times. Clients will be expected to have water with them when getting meds and for signing off that they have received medication.