

# LA HACIENDA TREATMENT CENTER

## WHAT TO BRING TO TREATMENT

<b>LIMIT BELONGINGS TO 2 SUITCASES AND A PURSE/BACKPACK.</b>
Driver's License (NOTE: If the address on the license is not current, please also bring a copy of a bill in your name that shows your current address.)
Insurance Card
Cell Phone - To protect privacy and minimize distractions, cell phones will be stored for duration and only used with clinical approval.
Calling cards are available for purchase from the receptionist or at La Hacienda's Store.
Prescription medications that are NOT controlled substances
Personal hygiene articles including bath soap, deodorant, shampoo, disposable safety razors, toothpaste, toothbrush, and feminine and other hygiene products
Hair appliances
Casual clothes appropriate to the season, walking or tennis shoes, socks, sweats. Refer to the Dress Code below. Recommend packing 7-10 days clothing. There is no charge for use of onsite laundry facilities and soap.
Dress clothes for religious services (optional)
Jacket, sweatshirt, heavy sweatshirt and umbrella, depending on season
Bathrobe, slippers and pajamas
Cigarettes if desired. La Hacienda does not provide tobacco products or access to tobacco products.
\$50 spending money for vending machines, stamps, etc.
Pillow (optional)
Watch or alarm clock without radio (optional)
Personal address book, stationery, and stamps (optional)

### Dress Code – Prohibited Items and Restrictions

No seductive, see-through, revealing clothing.
No Speedos or two-piece swimsuits unless stomach is completely covered.
Spaghetti straps are to be worn as undergarments only.
No short skirts.
Shorts can be no shorter than a 4-inch inseam.
No shoes with heels higher than 2 inches.
No shirts with cut-out sleeves exposing side.

### Restricted Items

Patients may have temporary access to items not detrimental to treatment as determined by the treatment team.

Musical Instruments
Arts & Crafts items such as needlepoint, knitting, crocheting, ceramics, etc.
Recreational items such as fishing poles, footballs, frisbees, etc.

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## PROHIBITED ITEMS – Do Not Bring These Items!

THE FOLLOWING ITEMS WILL BE REMOVED FROM PATIENTS ON ADMISSION AND PLACED IN SECURE STORAGE.

Illegal drugs, alcohol, mood/mind altering substances, items containing CBD/THC and paraphernalia – all are considered contraband and WILL BE DESTROYED.
Prescriptions classified as controlled substances. Other medications must be in their original labeled bottles, or they WILL BE DESTROYED.
Over the counter medications, herbs, supplements, or non-prescription vitamins
Electronic/vapor cigarettes – Unsealed or suspicious vapes will be considered contraband and will be destroyed.
Pagers, cameras, tape recorders, televisions, computers, PDAs, smart watches, etc.
Electronic items with video capability (PSP, Wide IPOD, etc.), video tapes or DVDs
Music playback equipment including IPODs, MP3 and CD players, clock radios, smart watches, etc.
Weapons including firearms, ammunition, knives, mace, etc. For safety purposes, ammunition for a firearm we store WILL NOT BE RETURNED.
Scissors other than for grooming
Razor blades – only disposable safety razors are allowed
Items with SD, propyl, methyl or ethyl alcohol in high concentrations where those alcohols are listed in the first 2 ingredients of a product, such as fingernail polish remover.
Powders in open containers such as baby powder, talcum powder, deodorant powder, medicinal powder, etc.
Flammable items such as candles, incense, lighter fluid, aerosol products, fireworks, etc.
Irons
Expensive jewelry or large amounts of money
Oil paints or oil paint cleaning supplies
Books/magazines are limited to 3 items and must be appropriate for treatment as specified below.
Pornographic, inflammatory, or violent literature, depictions or personal items including sexual stimulation items, emblems, decorations, or quotations on clothing that allude to sex, violence, satanism, or drug/alcohol use
Sports equipment including, but not limited to, bikes, skateboards, roller blades, hover boards
Homemade or unsealed food items unless they are medically approved for specific dietary needs. Food and beverages other than water are not allowed in rooms.
<b><i>NOTE: Any item brought in by patients or their family members that is determined by staff to be detrimental to the treatment environment or process may be confiscated.</i></b>