

Prelude Behavioral Services Packing for Treatment Guidelines

Thank you for choosing Prelude as your substance abuse treatment provider. Please read this guide to assist in your planning and packing. We encourage you to call if you have any questions. (*See the contact numbers on the last page.*)

You may bring the following:

- _____ **Medications:** If you currently are taking prescribed medication, please bring a 30-day supply at the minimum. Medical staff will review all prescription and non-prescription medication during the course of your treatment stay. All prescription medication must be in its original container. Please bring any over-the-counter medications you anticipate needing. All medications will be kept in secure storage, staff will assist you in receiving your medications at designated times. *Please note that we may be unable to admit you if you do not bring a 30 day supply.*

- _____ **Clothing:** 7 days change of clothes (no clothing with drug, alcohol, gambling or bar slogans), plus pajamas, robe and slippers. Due to limited space, please minimize the amount of clothes you bring. Bring plastic clothes hangers if you wish to hang clothing; bedrooms have small closets. To participate in group walks or other activities outside, pack weather-appropriate outerwear.

- _____ **Personal hygiene items:** Non-aerosol, non-alcohol soap, deodorant, toothpaste, shampoo, feminine hygiene products, shaving items. Disposable razors (no straight/removable blades), tweezers, nail clippers/ files, curling irons, and hair dryers are allowed. These will be placed in secure storage; use of these items will be monitored by staff.

- _____ **Alarm clock:** Please bring your own alarm clock if you would like one. While Prelude does have a few on hand, they are available on a first come, first serve basis only.

- _____ **Phones:** Phones are available for local and long distance calls.

- _____ **•Fee:**
 - Insurance – If you have insurance, please bring a copy of your insurance card.
 - Financial assistance – Financial assistance is available for those who qualify. You will need to provide income verification in order to determine your eligible aid. This can be done by bringing a current pay stub, unemployment information and/or obtaining financial verification from the nearest Workforce Center. Please bring this information with you on the day of admission.
 - Food Stamps – Prelude does accept partial payment through food stamps. If you currently have food stamps, you may wish to bring your card. Prelude will also assist you in applying for food stamps if you are eligible.
 - Payment – You will be expected to make payments while in treatment, based on your assessed ability to do so. As partial payment for the cost of your services, please bring a minimum of \$60 to pay on your bill.

- _____ **Tobacco products:** Every program of Prelude is tobacco free. This includes all tobacco products and e-cigarette devices. Nicotine cessation is highly encouraged and the Prelude staff can help you make a plan to quit. We do allow nicotine replacement therapies that are FDA approved for assisting in tobacco cessation. You are encouraged to bring your own NRT (patches or lozenges only, no gum) for the duration of your stay.

- _____ **Physical & TB Test:** You are required to have a physical and tuberculosis test conducted no more than 90 days prior to admission or within 5 days of admission. If you have had a physical or a TB test recently, please bring documentation. If we are unable to obtain verification of a physical or a TB test prior to admission, you will be required to have one within 5 days.
Iowa City – In our Iowa City location, we will make arrangements with the Iowa City Fee Medical Clinic for uninsured clients; The Free Medical Clinic will complete this service for \$20 for uninsured non-Johnson County residents and for free for residents of Johnson County. Clients with Medicaid (TXIX) or private health insurance will need to provide a current physical or bring \$75 to have one completed at an urgent care clinic.
Des Moines – In our Des Moines location, we will make arrangements with Primary Health Care; Primary

Health Care will complete this service for \$20.00.

_____ **MP3 and other portable music players:** These devices are acceptable, provided they are absent the ability to record in any way, including pictures, videos, or voice. Devices with these capabilities will be placed in secure storage and returned when you complete your stay with us.

_____ **Cars:** If at all possible, please leave your vehicle at home as parking space is limited. If unavoidable, we request proof of a valid driver's license, registration, and car insurance. Vehicles on Prelude property will be searched by Prelude staff to ensure safety.

_____ **Linens:** Staff will provide you with one set of linens and a towel and washcloth for your stay. To help keep our facilities free of bed bugs, patients are not allowed to bring their own linens, blankets and pillows.

_____ **Letters:** Please bring letter writing materials, including stamps if you desire to write letters during your stay

_____ **Money:** Prelude will provide a place to lock up your money. We advise leaving valuables at home. You may wish to bring change for pop. We do not keep change on hand for these purposes.

_____ **Cell Phones:** Cell phone use is not allowed while in residential services. Should you choose to bring a phone, please understand that it will be locked up during your stay. You may request access to your phone if you need to obtain contact information.

_____ **Other Items:** Space in our residential unit is limited. Please pack carefully and minimally. Due to limited space, *please be aware that items abandoned for more than one week will be donated or destroyed.*

The following items may not be brought to Prelude:

- Weapons or tools
- Food or beverages, candy, gum
- Marking pens, white out
- Butane products, lighters filled with liquid fuel
- Cameras
- Razors with removable blades
- Hairspray, perfume, cologne, mouthwash, astringent, finger nail polish or remover
- Drug paraphernalia
- Glue, paint
- Diet aids
- Glass containers
- Cell phones, pagers, computers
- Pets

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| Additional Information |
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Visitors:

We encourage your friends and family members to be a part of your treatment experience. Your counselor must approve all visitors before visiting day.

Iowa City – our visiting hours are Saturday from 2:00 pm to 5:00 pm.

Des Moines – our visiting hours are Saturday from 1:00 to 4:30 pm.

If you have questions, please contact us at:

Des Moines Residential: (515) 262-0349

Iowa City Residential: (319) 351-4357