

**LIVENGRIN  
ADMISSIONS**

**What You Should Bring for  
Your Treatment Stay:**

**What To Expect  
Upon Entering  
Inpatient  
Treatment**

**Livengrin Knows**

Your clothing should reflect a healthy attitude toward recovery

Livengrin's number one priority is making sure that every patient is safe and secure

No one recovers on their own

**Documents**

- Health Insurance Card
- Photo Driver's license for identification (or another form of photo ID, passport, workplace ID, etc.)

**Clothing**

- One week's worth of clean, comfortable, casual clothing-that must be clean prior to admission
  - Your clothing should reflect a healthy attitude toward recovery
  - Limit of one bag or suitcase
  - Bring workout clothing for exercise in our fitness center
  - Washers/dryers and laundry detergent are provided

**Note:** All belongings will be subject to a high heat sanitizing for one hour. Avoid bringing any clothing that will not withstand high heat for 1 hour (delicates, leather, suede, fur etc.) Items will be returned ASAP but allow up to 24 hours.

**Medical**

- All prescription medications in bottles with original labels (if bottles are not available, do not bring loose pills)
- List of prescribed medications including name, dosage and schedule
- Names and phone numbers of your family physician and/or other healthcare professional (doctors who have seen you, therapist, etc.)

**Personal Items**

- Toiletries must be non-aerosol and non-alcohol: toothbrush, deodorant, shaving cream, toothpaste, personal safety razor, hair clippers
- Change (We suggest up to \$25.00 for snack and soda machines, etc. Aside from the financial card or information you may need for admission, leave other credit cards, large amounts of money and/or checkbook at home. There is an ATM available and change machine on campus.)

**Note:** Livengrin provides personal safes, but is not responsible for any lost or stolen items.

## LIVENGRIN ADMISSIONS

# What you may NOT Bring to Treatment:

### Tobacco Policy

Cigarettes are permitted, although a Smoking Cessation Program in rehab encourages patients to really do a “clean sweep” of unhealthy behavior. This voluntary program is available at the beginning of, or any time during, a patient’s stay. The nursing staff provides orientation, continuing education, and motivation. A nicotine patch regimen is available, but Vape/e-cigarettes are NOT permitted.

- Clothing which is:
  - Sexually provocative
  - Ripped or torn
  - References drugs or alcohol
  - Spandex or tight fitting
  - Cut-off pants or shirts
  - Muscle shirts or tank tops
  - Halter or bare midriff tops
  - Hats, sweatbands, bandanas
  - Clothing that will not withstand exposure to high heat (delicates, leather, fur etc.)
- Towels or bedding, blankets or pillows
- Perfume
- Aerosol products (deodorant, hairspray) - only pump-spray bottle permitted
- Products containing alcohol (such as mouthwash, perfume, cologne, body splash)
- Nail polish or remover (either w/alcohol or alcohol-free)
- Cell phones, as there are specific regulations for detox and rehab patients regarding use of telephones.
- Radios, computers, or electronics including: CD or MP3 player, headphones or earbuds, beeper, laptop, I-pad or tablet, video games of any kind, e-reader such as Kindle or Nook or similar, cameras or audio-visual equipment
- Stuffed animals or similar personal objects
- Sharpies or felt-tip pens
- Outside food including candy or gum (visitors may not bring food in for patients)

### Safety and Security Entering Treatment

- To ensure Livengrin’s number one priority—keeping every patient safe and secure—it is very important that we screen every patient for contraband (drugs, alcohol, etc.) and insure that all clothing has been sanitized.
- Upon entering, a professional staff tech of like gender will discreetly search all personal belongings and your person for any contraband in a private room. This is done to protect you from other patients who may not be as committed to their recovery, and attempt to bring in contraband. Hospital scrubs will be issued, clothing will be sanitized, and belongings returned within 24 hours.
- One suitcase per person as laundry facilities are available in the houses at no charge. If items need to be dropped off for a loved one entering treatment, please leave them at the security house at the driveway entrance, all items will be searched and sanitized per above.
- No outside food and drink are permitted.