



Phoenix Programs, Inc.

What Should I Bring to Residential Treatment?

Personal Checklist

Clothing and towels:

- One week's worth of casual, comfortable clothing
- Set of bath towels
- Adequate jacket or coat, and hat to go outside in cold weather
- Open toe sandals are allowed but must be worn with socks

Personal items:

- Personal toiletries
- Supply of over-the-counter medication
- Supply of prescription medication, if applicable
(Staff secures all medications in a locked location and oversees regular distribution as medically necessary.)

Optional items:

- Shower shoes (recommended, not required)
- Your own pillow
- Stamps and envelopes
- Personal reading material
- Calling card
- Change for the payphone and/or soda machine
- Contact numbers for family/friends, doctors, mental health professionals, or attorneys
- Musical instruments (guitar, harmonica, etc)
- Extra bedding

Items already provided:

- Bed sheets and blankets
- Pillows
- Laundry detergent
- Washer and dryer

For a safe therapeutic and recovery focused environment we do not allow the following:

- Any product which contains alcohol (such as mouth wash)
- Hats or bandanas for inside the building
- Pornography
- Tobacco products
- Food or drinks
- Personal electronic devices of any kind, such as a CD player, iPod, laptop, cell phone, video games, etc.
- Valuables - there are no lockers in rooms.

Phoenix Programs does not allow tobacco use or possession on the part of individuals who are receiving residential treatment.

We adhere to this policy to increase safety and positive outcomes for our participants. Our grounds are also tobacco free.

We **require** regular tobacco users to bring Nicotine Replacement Therapy (NRT) products with you, for example:

Nicotine Patches • Nicotine Gum • Nicotine Lozenges.

If you are unable to obtain these products prior to admission, we require participants to bring a \$30 money order with you so we can secure NRT for you.

Free nicotine replacement therapy by direct mail is available by calling the Mid-Missouri Quit Line at 1-800-784-8669

If you have any questions, please contact us
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90 E. Leslie Lane
Columbia, MO 65202
Phoenix Programs, Inc
573-875-8880 (ext 2124 for Residential)