



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, cologne, or hand-sanitizer)
- Hats or bandanas for inside the building
- Pornography
- 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 allows smoking in designated smoking area during designated times.

- Tobacco users may bring Nicotine Replacement Therapy (NRT) products, for example:
Nicotine Patches · Nicotine Gum · Nicotine Lozenges.

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



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