

Information to help you plan for your admission to the Gilmore Community Healing Center:

### **THINGS TO BRING**

- Medications (no addictive medications – talk to the nurse before you come).
- Hygiene products (see items that are not allowed).
- Alarm Clock (without radio) /Wristwatch
- Shower sandals (suggested)
- Small amount of spending money for vending machine. \$50 or less
- Stamps.
- Insurance card.
- Copay and deductibles.
- Appropriate clothing/nightwear.
- Gym shoes.
- Books or magazines for free time.
- Pillow and/or blanket if you prefer extra.
- Small fan.

\*Laundry Soap is provided for you- we offer free/clear for those with sensitive skin.

\*You may feel free to bring dryer sheets if you wish.

### **ITEMS THAT ARE NOT ALLOWED**

- Any mood altering over the counter drugs such as: Tylenol PM, Alka Seltzer Plus, Nyquil, diet medications, Sudafed. Certain prescription medications are not allowed. Check with the Nursing staff about all of your medications.
- Anything that might be considered a weapon such as: pocket knives, box cutters, scissors, chains, any implement with a blade.
- Any alcohol based products such as: aftershave, cologne, perfume, mouth wash, body spray.
- Radios, CD, DVD, MP3 and Lap top computers.
- Cell phones and pagers.
- Caffeinated beverages.
- Liquid bleach.
- Tide Pods.
- Inhalants such as: hair spray, aerosol deodorant, glue, room deodorizer, nail polish remover.
- Pornographic material.
- Drug paraphernalia such as: papers, steel wool, tubes that might be used as pipes.
- Dice, lottery tickets.
- Photographs or T-shirts, etc. that are gang related, promote Alcohol or drug use or are sexual in content.
- Cameras and/or video recorders.

### **Family & Friends Information**

In accordance with Michigan law, The Gilmore CHC is a smoke free facility. Detox clients are not allowed to go outdoors to smoke because of client safety concerns, but we do have a ventilated smoking room for Detox clients only. Nicotine substitute products will be available and provided at no cost for the detox clients in order for them to be as comfortable as possible. Once completing their detox (average length of

stay is two to three days), clients will be allowed to smoke outdoors during the daytime in between therapeutic activities and during designated evening smoking breaks. If our residential clients wish to remain smoke free after detox, they will be able to purchase smoking cessation products.

### **Luggage**

Individuals entering treatment at Gilmore Community Healing Center may bring enough clothing to fill a 30-gallon tote (a large suitcase). Any extra clothing or shoes will be stored in a locked facility for the duration of the individual's stay and will be returned to the individual upon completion of treatment. All clothing and other fabric material brought into Gilmore will be heat-treated upon the client's arrival. All belongings brought into the facility will be searched by staff. Belongings left at the facility can be picked up for 15 days. After that they will be donated to charity.

### **Visitation**

Loved ones of individuals receiving treatment are encouraged to attend a free program on Tuesdays at 6 p.m. in the activity center at Gilmore Community Healing Center. Facilitated by staff the program assists loved ones in gaining a better understanding of addiction and co-occurring disorders. Following the 2-hour program, loved ones may visit for 20 minutes with individuals in the facility. We encourage family members to contact our therapy staff to discuss having a family session with their loved one. Call 269-382-9820.

### **Food**

Food items (wrapped and packaged), cigarettes and money may be dropped off at the front desk anytime between 8 a.m. and 11 p.m. There will be no other visitation without approval of the therapy staff. There are vending machines featuring snack items and soft drinks. No caffeinated beverages are allowed to be brought in. Clients have access to caffeinated coffee in the morning.

### **Program**

Individuals in treatment usually begin with 4 days in detox and then move to our residential program for 10 days. Once in residential they will be attending classes all day in a structured environment. The classes focus on recovery, providing coping skills, understanding how the brain works in addiction, improving communication, etc. Clients may watch TV or provided movies in the evening. Clients like to have things to do to keep occupied. You may provide them with word search, Sudoku or crossword puzzles. They may also bring books to read and coloring books and pencils or markers.

### **Telephone usage**

Individuals receiving treatment are not allowed to have electronic devices (cell phones, computers, etc). In order for them to concentrate on getting well, we do not permit calls for the first 4 days.

Residents may receive and send mail Monday through Friday. Residents must provide their own stamps. Envelopes and paper are provided.

**Aftercare**

All individuals receiving treatment will be encouraged to make follow-up doctor's and therapy appointments. We also encourage individuals to continue with 12-step meetings.

**Open AA Meeting (Saturday 7:00pm)**

The open AA meeting is led by members of AA and focuses on one of the Twelve Steps.

**Medication**

Please notify the nursing staff if the patient is taking medication. This is extremely important for proper medication management. All medications must be brought in at the time of admission. If necessary, we can help clients fill their prescriptions, and we can help facilitate to get home meds filled and delivered.

**Patients Attempting to Leave Treatment**

If the patient contacts you in an attempt to leave against medical advice, please talk to our staff before taking any action. Patients are not required to remain in treatment against their will; however, staff must be involved in this decision.