

Getting Ready for Treatment

What to Bring

- Clothing for a week (laundry is available)
- **Limit one piece of luggage**, plus one make-up case or toiletry bag
- Personal items, toiletries (alcohol-free)
- 30-day supply of current medications in original containers.
Vitamins must be *unopened*. NOTE: Prescriptions are NOT covered by Rule 25 or New Beginnings
- Smoking/chewing tobacco/E-Cigs are allowed outdoors only.
- Money for soda, vending or other items (optional)
- Alarm clock (optional) – must use headphones if used to listen to music
- Outdoor clothing and footwear.
- Contact Information for family, doctors, employers, probation officers, therapists, legal representatives, social workers, etc.
- Insurance or M.A. card and Prescription card, if separate

What NOT to Bring

- Cell phones or any electronic devices with a camera or internet capabilities (music devices without internet/camera may be used with headphones)
- Pillows, bedding, stuffed animals, etc.
- Towels/washcloths (these are provided)
- Knives, weapons of any kind, scissors, tools, double-edge razors, electric hair/beard trimmers.
- Perishable/opened foods or beverages.
- Aerosol sprays, mouthwash or other products with alcohol.
- playing cards, dice
- Large amounts of cash
- Nicotine gum
- Toxic markers
- Torch lighters, candles
- Nail polish, polish remover, hair dye, perfume/body spray/cologne
- Flammable materials, cleaning supplies, essential oils

Common Admissions Questions

What are the visiting hours? There is no visitation for the first three days, but normal hours are:

Men: Sundays 1:30 pm - 3:30 pm & Tuesdays 6:30 pm - 7:30 pm
Women: Saturdays 9:00 am - 11:00 am & Wednesdays 6:00 pm - 7:00 pm

****Please note:** Visitors are limited to 4, family/SO only. Only counselor approved visitors. (maximum of 4, not including children). Underage visitors must be accompanied by a parent or guardian. Items brought in for clients may be brought in during visitation hours only, unless pre-arranged. All contraband items will be sent home with visitors. All visitation is held in the Alumni Center at the main facility, for both men & women. Visitors are not allowed to bring purses, cell phones, etc. into building during visitation and must show picture ID.

Can I make and/or receive calls? No phone calls are generally allowed for the first three days. After that, there are phones available to make and receive calls. Calls may be limited in time and frequency.

Is there a dress code? Clothing is expected to be comfortable but appropriate and respectful of others and the treatment setting. No apparel that contains representation of drugs or alcohol, sexual content, violence, intimidation, intolerance of diversity, or could otherwise be offensive to others. No exposed undergarments, private parts or midriffs. No sharing of clothing, shoes must be worn outside bedrooms.

Are there exercise facilities available? We have an exercise/activity building available for use at specific times. Softball, volleyball and walking are also included in the activities.

Are there private rooms? There are no private rooms but many do have dividers for added privacy.

Can I do laundry? Laundry facilities are available at no charge and include laundry soap.

Is smoking allowed? Smoking, E-Cigs and chewing tobacco are allowed outdoors only in designated areas.

Do I need to bring money? You may need money for copays, deductibles, or prescriptions, depending on your health plan coverage. No other money is required; however, you may want to bring a small amount for vending machines, additional cigarettes.

Can I receive mail or packages? Do not forward mail to this address. However, while in treatment, items may either be brought to the facility during visitation time only (any alternate times MUST be pre-arranged with staff) or may be mailed to:

[Client Name], c/o New Beginnings
109 N. Shore Drive
Waverly, MN 55390

