

Getting Ready for Treatment

What to Bring

- Clothing for a week (laundry is available) All Items will go through a high heat dryer at admission
- **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. Tobacco and E-Juice unopened
- 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

See contraband List below of common items not allowed in treatment

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 6:00 pm - 8:00 pm
Women: Saturdays 9:00 am - 11:00 am & Wednesdays 6:00 pm - 8:00 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, or may be mailed to:

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



Contraband List

Any items containing alcohol within the first four ingredients

Items such as *hair spray and body wash, etc.* If you are not sure, read ingredients or ask staff.

Weapons

Items such as *guns, knives, screw drivers, or anything that could cause physical harm.*

Medications & vitamins

All medications must be kept in nursing office.

This includes *over the counter, supplements, protein powders and prescription medications.*

Other Items

Drug paraphernalia	Craft supplies such as Exacto knives
Cell phones	White Out
Pagers	Tools of any type
Cameras	Inhalants such as glue, paint, Scotch Guard, Sharpie
Computers	Electric beard/Hair Trimmers
Scissors	Any aerosol items
Pornographic materials	Needles
Televisions	(Perishable foods include anything that needs to be heated or cooled or will spoil)
Large stereos	Shoe polish
Flammable materials (candles, lighter fluid, etc.)	Hair dye
Ropes	Keys
Extension cords	Playing Cards
Tattoo guns	Double edged razors
Herbs	Energy Drinks, Caffeine Supplements or Protein Powders.
Condoms	Clothing or items that contain alcohol or drug statements or paraphernalia
Animals	Nail Polish/ Nail Polish Remover
Coolers	Perfumes/Colognes / Body Sprays/ Essential Oils
Cleaning supplies	
Any devices with capabilities other than music	
Video games/Movies	
Open/unsealed E-Juice or Tobacco	
And any other item deemed harmful or inappropriate by management.	

- **Clients should make arrangements to have these belongings removed from the facility.**
- **Until these can be removed from New Beginnings Treatment Center they will be labeled and stored in a secure location.**