



Meridian Behavioral Health shares a list of items which may be allowed in facilities during treatment, and when. Any items in the facility are subject to being searched, stored, or confiscated for the safety of the community.

Approved Items

Approved items are kept in your room or locker. Any item may be taken away if it is being misused or interfering with yours/others treatment.

- 2 grocery bags worth of food at a time in factory packaging, un-opened, non-perishable.
 - Crystal light, non-caffeinated Mio, or other individual packs of drink flavoring.
 - Coffee creamer, non-dairy only.
 - All food must be stored in a sealed bin, locker, or lock-box, at facility discretion. Food may not be kept out in patient room.
- Personal Coffee Mugs: Plastic only
- Personal Care Items:
 - 1 small make-up/hygiene bag
 - Lotion, Deodorant, Shampoo, Conditioner: without alcohol
 - Make-up: Alcohol Free Only
 - Make-up remover without alcohol
- 1 Pillow: Will be washed and dried, unless new in the original packaging
- 1 Blanket: Will be washed and dried, unless new in the original packaging
- Laundry basket or bag
- 7 outfits worth of clothing (including PJs)
 - Other items brought to the facility will be sent home or stored until your discharge.
 - Items cannot be traded out at any time.
- Recommended no more 2-3 pairs of shoes and 1 pair of shower shoes
 - Anything more than this will be placed in staff held until your discharge.
 - Items cannot be traded out at any time.
- Tobacco:
 - Cigarettes packs must be brand new and unopened. Loose tobacco must be in a new, sealed bag.
 - Chewing tobacco (must be chewed outside).
 - E-Cigs must be disposable, no refillable.
 - Nicotine gum/lozenges/patches with provider order.
 - Chewing tobacco, E-Cigs, and Nicotine Patches will no longer be allowed at MBH facilities 6/1.
- MP3 players without internet access or a camera. The MP3 player must be already loaded with music.
- Books, personal journals, coloring books, pencils/crayons
- Playing Cards

Under Supervision

Under Supervision items will be stored in a staff area, sometimes held until a set time for use. You must return the items to the RS or Nursing staff immediately after use. If it is found in your room, it will be taken away, and you may not be able to use this for the rest of your treatment. All products must be alcohol free.

- Razors
- Hair Clippers
- Shaving cream
- Nair or hair removing products
- Personal sage or other smudging materials
- Workout bands



- Cell phones, tablets, laptops are generally only permitted under direct monitoring from counseling, MHP, or CPRS staff for a specific, therapeutic purpose. In some programs, patients may earn access to their electronics after advancing in treatment and graduating levels.

At Facility Discretion

The following items are only allowed at some Meridian facilities or under special circumstances. Check with staff/Treatment Director at the facility.

- Hair dryers, curling irons, flat irons
- Fans
- Night lights/heated blankets/sound machines/etc.
- Suitcases, duffle bags, totes, tote bags, crates, boxes, etc.
- Craft supplies, gel pens
- Personal pens
- Spiritual Items
- Musical instruments (i.e. guitar, drums, harmonica, keyboards, etc.).

Contraband

None of the following items are allowed in the facility. Most personal items may be returned home or sent home at the start of your stay. Weapons and illegal items will be confiscated and/or destroyed.

- No drugs, drug paraphernalia, or alcohol.
- All products must be alcohol free.
- No refillable vapes/THC vapes.
- No Products containing CBD oil
- No personal over-the-counter medications.
- No DVD players, portable DVD players, or game systems of any kind.
- No Bluetooth speakers or stereo systems.
- No provocative clothing (body must be well-covered).
- All leggings must be paired with shirts that are long enough to cover the buttocks.
- No clothing or bandanas of any kind with chemical use or gang related slogans including but not limited to bars, casino, swearing, or related graphics.
- No weapons of any kind.
- No humidifiers, or dehumidifiers.
- No keys of any kind.
- No tarot cards or poker chips.
- No Skateboards, roller blades, or bikes.
- No rugs of any kind (unless for religious/cultural purposes).
- No personal workout equipment (i.e., dumbbells, weights, weighted vests, etc.)
- No pornographic material or sex objects (dildo's, vibrators, masturbation items) of any kind are not permitted.
- No smart watches, smart rings, or other personal devices with a camera, internet connection, or that has audio/video recording capabilities.
- No open food or drinks of any kind upon arrival are allowed. This will be thrown away.
- No perishable foods (i.e. bread, fruit).
- No glass jars or canned items.
- No glass or ceramic items.



- No energy drinks.
- No protein shakes, bars, or meal supplements without a doctor's order.
- No aerosol products of any kind.
- No aerosol food products (i.e., spray cheese)
- No perfume, body spray, or unmarked containers of any kind.
- No nail polish, nail polish remover, acrylic nail sets, glue on nail kits, nail glue, manicure tools, etc.
- No super glue, oil-based paint, or sharpies
- No air fresheners, candles, warmers, incense, etc.
- No fragrance wall-plug ins.
- No essential oils kept on person.
- No hairspray in spray-pump bottles unless it's alcohol free.
- No needles, sewing kits, push pins, safety pins, etc.
- No metal nail files.
- No pumice stones or pedicure tools.
- No Electric toothbrushes, electric waterpik, and teeth whiteners.

Alcohol-Free Options

Here are lists of Alcohol-Free product options when looking for products:

MOUTHWASH

- Equate Alcohol Free Refreshing Mint Anticavity Oral Rinse
- Scope Sparkle Alcohol Free Mint Splash Flavor Mouthwash
- Crest Pro-Health Multi-Protection Mouthwash, Alcohol Free
- Crest Pro-Health Multi-Protection Mouthwash, Alcohol Free,
- Biotene Dry Mouth Mouthwash
- ACT Total Care Fresh Mint Anticavity Fluoride Mouthwash
- Colgate Total Advanced Pro-Shield Peppermint Blast Mouthwash
- Colgate Optic White White seal Mouthwash,
- Listerine Zero Clean Mint Mouthwash
- Equate Lustrous White Clean Mint Multi-Action Whitening Rinse
- Crest Pro-Health Multi-Protection Refreshing Clean
- Listerine Total Care Anticavity Mouthwash,

TOOTHPASTE

- Pepsodent Complete Care Toothpaste Original Flavor
- Crest Pro-Health Clean Mint Toothpaste
- Natural Dentist 903468 Fluoride Free Toothpaste
- Crest Complete Extra White Plus Scope Dual-Blast Fresh Breath
- Crest 3D White Luxe Sensitivity Toothpaste
- Close-Up Fluoride Toothpaste,
- Aim Toothpaste Gel Whitening
- Close-Up Toothpaste Gel
- Pepsodent Complete Care Toothpaste Original Flavor
- Aim Toothpaste Gel Tartar Control
- Aim Cavity Protection Toothpaste Gel Whitening
- Aqua fresh Extreme Clean Fluoride Toothpaste, Whitening Action
- Crest 3D White Brilliance Toothpaste

HAND LOTIONS



- Lubriderm Daily Moisture Lotion Fragrance Free
- Lubriderm Sensitive Skin Therapy Moisturizing Lotion
- Aveeno Daily Moisturizing Lotion
- Cruel Fragrance-Free Original Lotion for Dry & Sensitive Skin
- Cetaphil Daily Advance Lotion
- Aveeno Active Naturals Skin Relief Fragrance Free Body Moisturizing Lotion
- Malibu Tan for Dry Skin Hemp Body Lotion
- QUEEN HELENE Hand & Body Lotion,
- Cetaphil Estraderm Lotion,
- Vaseline Intensive Care Advanced Repair Lightly Scented Lotion
- Burt's Bees Bees Shea Butter & Vitamin E Body Lotion, e
- Vaseline Intensive Care Cocoa Radiant Rich Feeling Lotion
- OLAY Quench Ultra Moisture Body Lotion
- Vaseline Total Moisture Lotion
- Curel Ultra Healing Lotion
- Equate Beauty Moisturizing Lotion,
- Vaseline Intensive Care Aloe Soothe Lotion
- NIVEA Extended Moisture Body Lotion,

DEODRANT FOR WOMEN

- Mitchum Women Advanced 48HR Protection Shower Fresh Gel
- Mitchum for Women Shower Fresh Clear Gel
- Degree Women Anti-Perspirant Deodorant Invisible Solid Sheer
- Naturally Fresh Deodorant Crystal, 3 oz
- Suave Professionals
- Secret Outlast Clear Gel Protecting Powder Scent Women's Antiperspirant & Deodorant,
- Dove Powder Anti-Perspirant Deodorant
- Arm & Hammer Ultramax Unscented Invisible Solid
- Suave 24 Hour Protection Anti-Perspirant Deodorant Invisible Solid,
- Dry Idea Advanced Dry Antiperspirant & Deodorant Clear Gel
- Soft & Dri Soft Scent Aerosol Antiperspirant Deodorant
- Sure Wide Anti-Perspirant Deodorant Original Solid Unscented
- Almay Anti-Perspirant & Deodorant Fragrance Free Clear Gel

DEODORANT FOR MEN

- Mitcham Men Advanced Clean Control Invisible Solid Anti-Perspirant & Deodorant
- Degree Men Dry Protection Antiperspirant Deodorant
- Mitchum Men Roll-On Antiperspirant & Deodorant, Unscented
- Degree Men Anti-Perspirant Deodorant Invisible Stick Cool Comfort
- Mitchum Men Roll-On Antiperspirant & Deodorant, Unscented
- Dove Men Care Clean Comfort Antiperspirant Deodorant,
- Axe Phoenix Anti-Perspirant & Deodorant Stick

SHAMPOO FOR WOMEN

- Suave Professionals
- Nexxus Therappe Shampoo,
- Pantene Pro-V Sheer Volume Silicone Free Shampoo,
- Prell Classic Clean Shampoo
- OGX Renewing Moroccan Argan Oil Shampoo
- Prell Classic Clean Shampoo,
- L'Oreal Paris Everpure Smooth Shampoo
- Pantene Pro-V Ice Shine 2in1 Shampoo + Conditioner,



- L'Oreal EverPure Moisture Shampoo,
- Head & Shoulders Classic Clean Dandruff Shampoo
- Head & Shoulders Clinical Strength Dandruff Shampoo,
- TRESemme Naturals Radiant Volume Shampoo
- Pantene Pro-V Volume Silicone Free Shampoo

CONDITONERS

- Pantene Pro-V Nature Fusion Moisture Balance Conditioner
- Organic Hair Care Paraben Free Whenever Conditioner
- Aussie Hair Insurance Leave-In Conditioner,
- Agadir Argan Oil Daily Moisturizing Conditioner
- John Frieda Frizz-Ease Smooth Start Repairing Conditioner
- Aveeno Active Naturals Pure Renewal Conditioner,
- Burt's Bees Super Shiny Conditioner
- TRESemme Naturals Nourishing Moisture Conditioner,

SHAVING CREAM FOR MEN

- Vanicream Shave Cream for Sensitive Skin
- Donovan Industries Shaving Cream Devon Mist Alcohol Free Thick Formula
- Nivea for Men Shaving Gel, Sensitive
- Solo Noir Sleek 2-in-1 PreShave + Shave Cream
- Dove Men+Care Sensitive+ Post Shave Balm
- Donovan Industries Devon Mist Shaving Cream

SHAVING CREAM FOR WOMEN

- Pure Silk, Moisturizing Shave Cream For Women
- Skin mate Revitalizing Moisturizing Shave Cream