

Thank you for choosing the YWCA and allowing us to be a part of your journey toward positive life changes. Please read this guide to assist in your planning and packing. We encourage you to call if you have any questions. We are a women and women with children facility.

HELPFUL TIPS WHEN PLANNING ADMISSION:

Programming: Our program is 90 days minimum. You will be enrolled in residential treatment for 25 to 38 days and will then lower to halfway house level of care. During your enrollment in our program, you will be required to comply with all rules and expectations.

Residential level of care – you will spend most of your time in groups and individual sessions learning relapse prevention and life skills.

Halfway house level of care – Group and individual sessions will decrease. You are able to seek employment, attend community AA/NA meetings, seek volunteer work and take weekend passes outside of the facility.

Children: The YWCA is one of 7 programs in Iowa that allows your children to come with you into treatment. Children 12 and younger are able to reside with you at any time. Older children are allowed to visit when approved. Due to the time consuming admission process and possible withdrawal from substances, children are not able to be present during the first 24 to 48 hours of treatment.

Medications: If you currently are taking prescribed medication, please bring a 30-day supply at the minimum and the doctor's orders for that medication. Staff will review all prescription medication during your treatment stay. All prescription medication must be in its original container. Please bring any over-the-counter medications you anticipate needing along with a doctor's order for these over-the-counter medications or you will not be allowed to take these medications. All medications will be kept in secure storage, staff will assist you in receiving your medications. We utilize Hy-Vee Pharmacy located at 115 South 29th Street Fort Dodge, IA 50501.

Clothing: 10 days change of clothes (no clothing with drug, alcohol, gambling, or bar slogans), plus pajamas, robe, and slippers. **Due to limited space, please minimize the amount of clothes you bring. We will require you to send items home if needed.** Bring clothes hangers if you wish to hang clothing; bedrooms have small closets.

Personal hygiene items: Please plan to bring all personal hygiene products. We can provide minimal items if needed.

Allowed - non-aerosol, non-alcohol soap, deodorant, toothpaste, shampoo, feminine hygiene products, shaving items. Disposable razors (no straight/removable blades), tweezers, nail clippers/files, curling irons, and hair dryers.

Not allowed – please items listed below. These may be placed in secure storage; use of these items will be monitored by staff.

Other items: We do not provide TV's or cable. You can bring these items upon admission. Please bring an alarm clock. Please bring laundry soap as we have onsite laundry facilities.

Phones: You will not be able to utilize your cell phone during your residential level of care. Phones will be made available during specified times. When you lower to halfway house level of care you are able to have your cell phone.

Food: The YWCA provides 3 meals per day while also providing snack items at designated times. All menu items are approved by a Registered Dietician. You are able to order preferred drinks on identified days. Please do not bring food with you upon admission. Any item opened prior to admission will be disposed of. You will be required to utilize food stamps for payment.

Fees for services:

- Payment – Medicaid (IME, Amerigroup, ITC) are acceptable forms of payment.
- Food Stamps – YWCA supports their nutrition service through Food Stamps.

Visiting hours: All visitors are subject to YWCA guidelines. You will not be able to bring any items in during your visit. Physical contact during visitation is not allowed. You are not able to bring the resident items during your visit. You may be asked to leave if unwilling to follow the visitation rules.

- Tuesdays 6:00pm-7:30pm
- Fridays 6:00pm-7:30pm
- Saturdays: 12:30pm-2:00pm, 2:30pm-4:00pm
- Sundays: 9:00am-10:30am, 12:30pm-2:00pm, 2:30pm-4:00pm

The following items may not be brought to the YWCA:

- Weapons or tools
- Butane products, lighters filled with liquid fuel, torch lighters
- Cameras
- Razors with removable blades
- Mouthwash, fingernail polish or remover
- Drug paraphernalia
- Glue, paint
- Diet aids
- Glass containers
- Pets
- aerosol cans/bottles
- Diet aids

****ANY ITEM THAT CANNOT BE THOROUGHLY SEARCHED (urns, locked items, etc) AND/OR HEAT TREATED (stuffed animals, etc) WILL NOT BE ALLOWED IN.**