

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. (See the contact numbers on the last page.)

HELPFUL TIPS WHEN PLANNING ADMISSION:

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 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

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: 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 are allowed. These may be placed in secure storage; use of these items will be monitored by staff.

Alarm clock: Please bring your own alarm clock if you would like one.

TV/DVD player: Please bring your own as these will not be provided. Smart TV’s/gaming stations are not allowed for the first 30 days.

Phones: Phones are available for local calls and long distance and utilization is based upon need and progress. You are allowed to have a cell phone after your residential treatment (typically after 30 days).

Fees for services:

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

Daily rate:	Monthly rate:
Adult: \$4.83	\$145.00
Child (6-12): \$3.16	\$95.00
Child (2-5)	\$65.00
Monthly maximum: \$250.00	

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

Visiting hours:

- 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