



Y&Y RECOVERY

CLIENT PREP LIST FOR ADMISSION

Welcome to Y & Y Recovery! Please review our prep list to help guide your pre-admission process.

What to Bring:

- 1) Driver's license, passport or photo ID.
- 2) Physical insurance card or a copy of the front/back

Please contact Admissions and make any necessary arrangements prior to your arrival.

- 3) We need a credit card on file for any incidental charges such as medication co-pays, lab visits, holistic services and personal items.
- 4) A list of all your medications and dosages. Bring prescribed and OTC medication. We encourage you to bring a 7-day supply to insure you do not miss any medications during your transition. Medications must be in original labeled containers (not pill containers or loose bags). While in treatment, authorized medications will be refilled from the local pharmacy, which the client is responsible for any cost of medications.
- 5) Previous medical records to include lab reports, TB test result and/or treatment records
- 6) The names, addresses, and phone numbers of health care professionals, referents, family members and anyone else you would like to have involved in your treatment.
- 7) \$100 - \$200 in smaller denominations to use during your stay for any personal items you wish to purchase during your stay. Please keep in mind there are no ATMs on site. A pre-paid Visa or MasterCard will also work in lieu of cash. We will hold onto any cash in excess of \$100 for secure keeping. You will have access to your funds as needed.
- 8) Electronics Policy: Clients may not bring electronics, except for their personal cell phone. Computers are discussed on a case by case basis. Our policy is to hold cell phones for the entirety of the stay and may be used to retrieve numbers for calls made on the treatment center landline.

Clothes and misc. items to Pack

- Casual comfortable clothing that you're comfortable in (enough for 2 weeks)
- Comfortable Sleepwear
- Shoes for everyday use and for exercise; and a comfortable pair of slippers
- Workout attire, including gym attire and a one-piece swimsuit or trunks.
- Shoes, shirts and appropriate undergarments are required at all times. No tank tops, sleeveless tops. Dress codes are to be followed while in treatment.
- Personal toiletries, including shampoo and conditioner, hairspray, mouthwash, body lotion, sunscreen and sanitary napkins. **All toiletries must be alcohol free.**
- Please note, we hold into any sharp objects such as razors.
- Laundry facilities, detergent, iron and ironing board are provided.
- Linens are also provided (towels, comforter/blankets)
- If you smoke, you must bring sealed and packaged cartons. We do not sell cigarettes and strongly encourage you to limit or discontinue your use. Smoking Cessation is available as part of the program.
- Our chef is happy to accommodate any dietary needs for meals. If you require specialty foods, we encourage you to bring the food/beverages, so you are comfortable. Our staff will designate a section to store your personal items.

Do Not Bring:

- Inappropriate Clothing: Drug or alcohol "logo" clothing Excessively tight-fitting clothes Low cut, sleeveless or revealing shirts Torn jeans or tee shirts Short-shorts
- Y & Y Recovery is not liable for the loss or damage of any money, jewelry, documents, or any other articles of unusual value.
- Electronic cigarettes or vapors may not be used inside (outside only in designated spot)
- No candles
- No pets
- No vehicles
- No cameras for privacy purposes
- Energy drinks or vitamin drinks.
- Weapons of any kind.
- No drugs, alcohol and/or contraband of any kind

- Any unauthorized medications will be destroyed upon admission into the facility
- Cosmetics that contain alcohol:
 - Hair sprays
 - Perfume
 - Nail polish remover, nail glue
 - Hair color chemicals
 - Aerosol containers
 - Aftershave, cologne

Alcohol free cosmetics can be brought from your home or during an errand run.

Upon your arrival, our staff will give you a tour of the facility and answer any questions you may have. Should you need anything during your stay, please notify a resident advisor on duty. We hope your stay at Y & Y Recovery is comfortable and you can begin your journey of healing.

On behalf of Y & Y Recovery, we thank you for choosing our program and we look forward to working with you. We hope your admission process is seamless and you're settling in well. Feel free to consult a staff member with any questions.

Warm Regards,

Y & Y Recovery Team