

TURNING POINT

What You Should Know Before Being Admitted to Turning Point

Congratulations on your decision to enter treatment at Turning Point.

Following is some information that you may find helpful as you prepare for your treatment stay.

WHAT TO BRING WITH YOU TO TURNING POINT

- **CLOTHING:**
 - Seven (7) changes of clothing.
 - See “Appropriate Dress at Turning Point” (below) for details about clothing that you may bring and what is not acceptable to wear during treatment.
 - ALSO: See laundry information below.
- **IDENTIFICATION:** All of the following...
 - Picture ID
 - An item with your address on it
 - Proof of income/indigence.
- **MEDICATION:**
 - A 30 day supply of all prescribed medications that you are currently taking in their original prescription bottles with clear labels stating how your medication is to be taken.
 - Sample bottles of medications must have written orders from your doctor stating dosage and times.
- **OTHER ITEMS:**
 - Insurance or Medicaid card (if any).
 - Health and beauty products, including shampoos, lotions (without fragrance), powders, deodorants. (See note about aerosolized/ spray cans and other restricted beauty items below.)
 - Hair dryers and curling irons. These will be stored in a cabinet and will be available for your use on a daily basis.
 - Paper, stationery and stamps.
 - Individually wrapped hard candies without sticks (no lollipops).
 - A few pictures of people who are important to you.
 - Cigarettes. (No cigars or Black and Mild are permitted.)
 - Money for transportation (\$25-\$30).

NOTE: Please label all clothing with your last name prior to arrival at TP. All clothing must be brought to Turning Point in a plastic bag. We do not accept or store luggage.

Turning Point will provide you with your bed linens and pillow, and will also provide a towel and washcloth. Bed linens and towels are washed once per week. Laundry soap is provided.

WHAT NOT TO BRING WITH YOU TO TURNING POINT

- Magazines
- Books or any other reading material. Turning Point provides all reading material.
- Pornographic materials of any kind
- Cell phones
- Walkman radios, CD players or boomboxes
- Electronic equipment of any kind
- Health/beauty aid products that contain alcohol (some mouthwashes, colognes)
- Health/beauty aid products that are aerosolized or are in spray cans
- Colognes, perfumes or perfumed lotions
- Mirrors, including compacts and make-up mirrors
- Pictures may not be contained in glass frames
- Bed linens or pillows
- Food of any kind (except hard candy)
- Over-the-counter medications
- Drugs or drug paraphernalia
- No loose tobacco of any kind, including chewing tobacco
- No cigars or Black and Mild

APPROPRIATE DRESS AT TURNING POINT

Turning Point attempts to provide a treatment environment that allows you to focus very intently on your recovery and not on what you or other clients are wearing. For this reason we have established the following guidelines for dress at Turning Point:

- No sheer, see-through or tight-fitting clothing. Note: Bring loose-fitting and even larger size clothing if you have it as many clients gain some weight as they begin eating regular meals.
- White tee shirts, if any, must be opaque (can't see through them) and intended for outer wear, not under wear.
- No tank tops or sleeveless tops that don't reach over the top of the shoulder. This assures that the underarm is covered—a healthcare facility requirement.
- No high heeled shoes, flip-flops or sandals of any kind.

LAUNDRY

Laundry is washed weekly by clients who are assigned this task. Your own laundry is washed separately in one large load in industrial capacity machines. Turning Point provides detergents and fabric softeners.

FAMILY PROGRAM AND VISITS

You are usually allowed to have your first family visit after your first full week (7 days) of treatment. The Family Program and Visits are held on weekends. Approved visitors will receive a letter or a telephone call from the Primary Counselor providing information about the Family Program and Visits. Visitors who are not on the Approved Visitors List will not be allowed into Turning Point's facility.

The first part of the family visit is a group education session about addiction and the family. After the education session, families will then have an opportunity to visit with their loved ones who are in treatment at Turning Point. Visits are held in a common area. You and your visitors are expected to refrain from intimate contact during family visits. Families may bring hard candy, cigarettes and money for your account. No other items are allowed during family visits.

MEDICATIONS

You are required to bring a 30 day supply of all prescribed medications at the time you are admitted. If you have ongoing medication needs, you may be asked to deposit funds in your account to cover the cost of medications.

Any medications brought to Turning Point must be in a medication bottle clearly labeled with your name and instructions for administering, or must be in an individual unit dose or bubble pack that is clearly labeled with your name and instructions for administering. Medications received in any other form will be disposed of or held for you until your discharge.

LEGAL ISSUES

Turning Point asks that you resolve impending legal issues before coming to Turning Point. Such issues include, but are not limited to, court dates scheduled within the time you are likely to be at Turning Point, outstanding arrest warrants or anything else that could interfere with your treatment at Turning Point. *If you request*, your counselor will provide your supervising parole, probation or DYFS officer with an update about your presence and progress in treatment.

CLIENT ACCOUNTS

You may not carry money with you while you are at Turning Point. If you need money for transportation, medication, cigarettes or other needs, you may bring money to Turning Point and deposit it into your account. Money is drawn from your account, with your approval, for your expenses. Your account must contain at least enough money for public transportation back to your pre-admission address, in case you decide to leave treatment.

PHONE CALLS

Phone calls are restricted while in treatment in order to focus on your early phase of recovery. Phone calls, if approved by the Primary Counselor, will be made under the supervision of a Turning Point staff member and on speakerphone. You may not receive incoming phone calls or messages.

TREATMENT STAY

Treatment stays are determined by your individual needs, not a pre-determined length of time. Treatment discharge dates are established by you and your counselor, considering all aspects of your individual case. If you are entering detox, you may expect to be at Turning Point for 3 to 10 days. If you are entering the short-term residential program, you can expect to be in Turning Point for up to 30 to 45 days.

SMOKING

Turning Point is a smoke-free facility, but we allow our clients to have several scheduled smoke breaks each day outside of the building. The smoke break schedule will be provided to you upon your admission to Turning Point. Smoking inside the building or at unauthorized times will result in discharge.

MEALS

Turning Point serves three meals per day and one bedtime snack. Turning Point purchases meals from a catering service for you. A diverse menu is prepared and incorporates a variety of different foods. No pork is served. Clients with food allergies can usually be accommodated with an alternate meal selection. Clients with special health needs may need assistance from our consulting nutritionist to help them make appropriate selections from the meals offered. No outside food is permitted for client consumption.