

What to Bring to Treatment

We are pleased that you are considering entering Southeast Missouri Behavioral Health for help with your substance abuse/co-occurring problem. In order for your treatment stay to go more smoothly, we are providing you with the following information:

Things you will need to bring:

- Current Picture ID (State ID or Driver's license)
- Proof of Missouri residency (Any letter/bill from a government agency or utility invoice with your name and current address)
- Personal Hygiene Items
- Towels, Washcloths. (Laundry detergent and facilities are provided)
- Prescription medications (please bring 30 day supply in their ORIGINAL containers)
- Over-the-counter medicines (OTC) must be in a NEW, UNOPENED container.
- We provide all bedding such as blankets, sheets & pillows. (NO extra pillows without doctor written prescription.)
- Clothing (Please limit changes of clothing to 5 complete sets. Make sure that nothing advertises alcohol or drugs and no short-shorts, tank tops, muscle shirts, sandals, etc.) Storage for excessive belongings is not available. PLEASE, LIMIT BELONGINGS TO **NO MORE THAN 2 BAGS OR SUITCASES.**
- You may bring stamps for outgoing mail.
- Calling cards for outgoing calls. **Cell phones are NOT allowed on premises.**

Rules that you need to know:

- If you bring a cell phone to the facility, you will be asked to leave it with a family member prior to their departure or it will **IMMEDIATELY** be mailed to your home address. We do not allow cell phones to be stored on premises.
- Cigarettes if you smoke (smoking is allowed outside in designated areas only during specified times).
- Clients are discouraged from parking their vehicle at the Center, permission to do so must be approved by the Director.
- NO outside food except hard candy. (There are snack and soda machines on premises.)
- NO Televisions or VCRs, No video (VHS) or DVDs.
- Audio players with headphone are allowed in room only. No iPod, iPads or Laptops.
- No DRUGS or ALCOHOL allowed on premises.
- No knives, pocketknives, etc. They will be confiscated and then discarded.
- We expect respect for staff and all other clients.
- NO sexual acting out (this includes hugging or kissing); NO fighting or horseplay.
- Clients are discouraged from bringing in large sums of money or valuables, and do so at their own risk, SEMO BH is not responsible for safekeeping of any items.
- GROUP ATTENDANCE is MANDATORY.

Visitation: Upon completion of a scheduled family session, visitation approval will be considered by the clinical team.

Southeast Missouri Behavioral Health does not discriminate in employment on the basis of race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age or status as a protected veteran, or military status.