

## Pathways Behavioral Services, Inc.

### Residential Admissions Guide

This guide was assembled to assist you in preparing for residential treatment. If you have any questions, do not hesitate to contact us.

**Regular Visiting Hours:** 1-3 PM Saturday and Sunday

**Admission Guidelines** - The following provides information which will assist in preparing for admission into residential treatment. Items like what can be brought in and what cannot. It also explains other policies and procedures around topics such as medications, clothing, etc.

**Medications:** If you currently take prescribed medication(s), you are required to bring a minimum of a 30-day supply. All prescription medications must be in their original containers and may not be mixed with any other medication. In order to take any medication, you must provide a doctor's order or a prescription or you will not be allowed to take it. **This is required for all medications, including over-the-counter medications and samples.** Pathways does not have a medical staff on duty that is able to prescribe medications of any kind.

**Clothing:** Clients are allowed to bring with them a five days' change of clothes. No clothing with drug or alcohol images or slogans will be allowed. You may bring pajamas, bathrobe and bedroom slippers. Due to limited space, please limit the amount of clothes you bring with you. Any extra clothes you bring may be stored and you will not have access to them during your treatment.

**Personal Hygiene: Non-aerosol and non-alcohol items only.** Soap, deodorant, toothpaste, shampoo, conditioner and feminine hygiene products are allowed. Razors (no straight blades), tweezers, nail clippers, curling irons and hair dryers are also allowed, but may be removed from client's belongings at staff's discretion. No colognes or perfume.

**Tobacco Products: Pathways is a tobacco free campus.** Use of tobacco products on property and grounds is prohibited. Clients are encouraged to bring nicotine patches, gum or other FDA approved nicotine replacement therapies. If a client chooses to smoke while on Pathways' property, discharge from the program will occur. ***All contraband, i.e. cigarettes, chew, vape pens, etc. will be disposed of at the time of admission.***

**Physical and Tuberculosis Test:** All clients are required to have a physical examination and TB test no more than 90 days prior to admission or within five days of admission. If you have had a physical or TB test recently, please provide that documentation at the time of your scheduled admission. If you have not had a physical or TB test prior to admission, you will be required to have them completed shortly after admission.

**Automobiles:** It is preferred that people in treatment do not have their cars with them. If this is unavoidable, proof of car insurance and a valid driver's license will be required. Cars on Pathways property will be subject to staff searches to ensure safety of clients and staff. All car keys must be turned in to staff. Clients will not be allowed to access their vehicles while in treatment.

**Programming Fees:** If you have insurance, please provide a copy of your insurance card. You may receive financial assistance if you are eligible. Income verification may be required to determine your eligibility for assistance. You may do this by bringing in a current pay stub, unemployment information or obtaining income verification (Wage A form) from the Iowa Work Force Development Center. You will be expected to provide these items upon your arrival for admission. Part of your treatment bill may be paid by food stamps. If you currently have food stamps, please bring your food stamp card with you. If you are not on food stamps, a food stamp application will be processed upon your arrival. **To process a food stamp application or to obtain income verification, you are required to provide photo identification. If you do not have a photo ID, please acquire one prior to your admission into treatment.** All clients are expected to make weekly payments on their treatment bills while in treatment. Please bring a minimum of \$50 to make payments on your bill.

**Phone Use:** Clients will have access to a telephone.

**Linens:** Staff will provide you with one set of linens. If you prefer extra linens or would like to use your own, you may bring your own.

**Letters:** If you wish to write letters to friends and family members while in treatment, please bring envelopes, stationery and stamps. Pathways does not provide or sell these items.

**Money:** If you wish to have your money locked up while in treatment, Pathways will provide a locked compartment to keep your money secure. This is limited to \$100 or less. Pathways will not be responsible for holding money in amounts exceeding \$100. You may need additional money to pay for soda pop or admission to outside activities (bowling, etc.)

**The following items are NOT allowed in Pathways Residential:**

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|-------------------------|--------------------------------------|---------------------|
| *Drugs or Alcohol       | *Weapons                             | *TVs, VCRs, Stereos |
| *Video Games            | *Pagers                              | *Cell Phones        |
| *Radio Scanners         | *Food, Candy, Pop                    | *Cameras            |
| *Butane lighters, fluid | *Hygiene products containing alcohol |                     |
| *Headphones/Music       |                                      |                     |

If you have additional questions, feel free to call us at (319) 235-6571 ext. 419.

Version 5.0