

# PRIMROSE HILL ADULT & TEEN CHALLENGE

## *Items to Bring*

### Identification (as available)

- Birth Certificate
- Driver's License or Photo ID
- Social Security Card
- Lab Results & Completed Physical (or fax to Susie Baier @ 573-641-5132)
- Marriage License (if applicable)
- Insurance Card

### Clothing:

**This is a guide (extra clothing may be sent home at the staff's discretion)**

- (1 or 2) Dress pants
- (1 or 2) Modest Dress
- (1) Tennis Shoes
- (1 or 2) Pair of work pants or jeans
- (1) Pair work shoes or boots
- (7) Pair of underwear (NO thongs) and socks
- (1 or 2) Pair of dress shoes
- (2 or 3) Nice shirt (for church)
- (5) Work shirts
- (2) Pair of pajamas
- (1) Work-out pants for gym

\*Leggings or other stretchy pants and modest tank tops are only for gym time.

\*NO tight clothing or low-cut shirts or inappropriate logos/band logos

\* Sleeveless shirts w/3 finger wide shoulder strap

### Toiletries:

- (4) Bath towels and wash cloths
- Deodorant
- Make-up (new & in original package)
- Curling/Flat Irons & Blow Dryer
- Shampoo/Conditioner
- Toothpaste/Toothbrush
- Laundry Soap/Basket
- Hair Spray (will be locked up when not in use)
- Soap/Lotion
- Razor/shaving cream
- Brush/comb

### Additional General Items:

- Bible (New International Version ONLY)
- Notebook paper, pens and/or pencils/Highlighters
- Reusable Clear Water Bottle
- Fees
- Stationary, envelopes and stamps
- Journal
- Bedding (if you want your own)
- Hangers

### ADDITIONAL ITEMS TO BRING FOR COLD OR WARM MONTHS

- (2) Pair of shorts (not more than 2 inches above knee)
- (1) Heavy coat or jacket
- (1) Swimsuit (1 Piece)
- (2) Sweaters or sweatshirts

### OTHER GUIDELINES REGARDING WHAT TO BRING

- Bring DOCTOR APPROVED prescriptions (in original bottle, preferably bubble packs) and your own OTC meds (Allergy pills, Tylenol, ibuprofen, vitamins, Benadryl) NO Melatonin
- **REMEMBER – Pack light because you will have a roommate!**
- **Please consult the student handbook regarding all other guidelines regarding clothing and personal items.**
- **IF YOU BRING YOUR OWN BEDDING (i.e. sheets/blankets/pillow) THEY MUST BE NEW AND IN PACKAGING.**

### ITEMS TO BRING FOR CHILD(REN) STAYING @ PHATC

- Birth Certificate
- Social Security Card
- Current Immunization Records

### ITEMS YOUR CHILD WILL NEED

- (3) Weeks of clothing
- Diaper/Wipes/Pull-up (if applicable)
- Car Seat/Booster Seat
- Formula, Bottles, and or Baby Food (if applicable)
- 2 or 3 favorite toys
- Toddler/Crib Bedding – PHATC will provide a toddler bed or crib
- 2 pair of shoes

## **TC Central & Southwest MO Medication Policy**

Adult & Teen Challenge of the Four States prohibits the use of all addictive medications due to their interference with the recovery process. Applicants must agree to our medication policy and request a titration/taper schedule from a Health Care Provider for his/her current prohibited medication so that it may not be stopped abruptly.

**ATC policy requires that tapering off be completed as quickly as reasonably possible under the supervision of your physician.**

In the rare circumstance that an alternate medication is unavailable, ATC is not an option as a treatment program for you, please call us and we can give you some other options.

**The following classifications of prohibited medications include but are not limited to:**

- Barbiturates(including those combined with acetaminophen, caffeine or aspirin; e.g. Fiorocet, Fiorinal)
- Benzodiazepines
- Medications used for the treatment of opiate dependence
  - **See prohibited medication list on next page for Suboxone taper exception**
- Muscle relaxant
- Narcotic pain relievers and pain relievers with potential for dependence and abuse
  - **Due to the highly addictive nature of narcotic pain relievers and their potential to under-mine the program participants' recovery efforts and mindset, prescriptions written for these medications may be allowed for a limited time only, following a surgery or injury. Staff will work with residents and their health care providers following a surgery or injury to find other non-narcotic pain relievers that are permitted examples include ibuprofen and naproxen.**
- Performance enhancing steroids or supplements
- Prescribed or over the counter medications used specifically for weight loss.
- Sleep Aids (**This includes melatonin, unless prescribed by your doctor, then only used for 2 weeks.**)
- Stimulant medications used to treat Attention Deficit Disorder & Attention Deficit/Hyperactivity Disorder
  - **Intuniv and Strattera are permitted.**

**This is not an exhaustive list. All meds will be reviewed by the Intake Director and deemed acceptable or not. Some non-narcotic drugs are also not allowed. If needed, the Center Director will have final approval.**