

Gilmore Community Healing Center – Inpatient Detox/Residential Things to Bring

- Medications (no addictive medications – talk to the nurse before you come)
Please notify the nursing staff if the patient is taking medication. This is extremely important for proper medication management. All medications must be brought in at the time of admission. If necessary, we can help clients fill their prescriptions, and we can help facilitate to get home medications filled and delivered.
- Hygiene products (see items that are not allowed)
- Alarm clock (without radio) or wristwatch
- Shower sandals (suggested)
- Small amount of spending money for vending machine (\$50 or less)
- Stamps
- Insurance card
- Copay and deductibles
- Appropriate clothing/nightwear
- Gym shoes
- Books or magazines for free time
- Pillow and/or blanket (if you prefer extra)
- Small fan
- Luggage: Individuals entering treatment at Gilmore Community Healing Center may bring enough belongings to fill a 30-gallon tote (a large suitcase no bigger than 1 foot wide, 34 inches long, 24 inches tall). Any extra clothing or shoes will be stored in a locked facility for the duration of the individuals stay and will be returned upon completion of treatment. All clothing and other fabric material brought into Gilmore will be heat-treated upon the client's arrival. All belongings brought into the facility will be searched by staff. Belongings left at the facility can be picked up for one business day. After that they will be donated to charity.

**Laundry soap is provided for you. We offer free/clear detergent for those with sensitive skin.*

Items not allowed:

- Any mood altering over the counter drugs such as: Tylenol PM, Alka Seltzer Plus, Nyquil, diet medications, Sudafed. Certain prescription medications are not allowed. Check with the Nursing staff about all your medications.
- Anything that might be considered a weapon such as: pocket knives, box cutters, scissors, tweezers, chains, any implement with a blade
- Any alcohol based products such as: aftershave, cologne, perfume, mouth wash, body spray
- Radios, CD, DVD, MP3 and lap top computers
- Cell phones and pagers
- Caffeinated beverages



Items not allowed continued:

- Liquid bleach
- Tide pods
- Inhalants such as: hair spray, aerosol deodorant, glue, room deodorizer, nail polish remover
- Pornographic material
- Drug paraphernalia such as: papers, steel wool, tubes that might be used as pipes
- Dice, lottery tickets
- Photographs or t-shirts, etc. that are gang related, promote alcohol or drug use or are sexual in content
- Cameras and/or video recorders

In accordance with Michigan law, The Gilmore CHC is a smoke-free facility. Detox clients are not allowed to go outdoors to smoke because of client safety concerns, but we do have a ventilated smoking room for Detox clients only. Nicotine substitute products will be available and provided at no cost for the detox clients in order for them to be as comfortable as possible. Once completing their detox (average length stay of 4-5 days), clients will be allowed to smoke outdoors during the daytime in between therapeutic activities and during designated evening smoking breaks. If our residential clients wish to remain smoke free after detox, they will be provided with smoking cessation products.

**Gilmore Community Healing Center
1910 Shaffer Street
Kalamazoo, MI 49004
269-382-9820
www.communityhealingcenter.org**

Information for Family and Friends of Clients

Visitation: Loved ones of individuals receiving treatment are encouraged to attend a free program on Tuesdays at 6:00 pm in the activity center at Gilmore Community Healing Center. Facilitated by staff, the program assists loved ones in gaining a better understanding of addiction and co-occurring disorders. Following the 2-hour program, loved ones may visit for 20 minutes with individuals in the facility. We encourage family members to contact our therapy staff to discuss having a family session with their loved one. Call (269) 382-9820.

Food: Items (wrapped and packaged), cigarettes and money (less than \$50) may be dropped off at the front desk anytime between 8:00 am and 11:00 pm. There will be no other visitation without approval of the therapy staff. There are vending machines featuring snack items and soft drinks. No caffeinated beverages are allowed to be brought in. Clients have access to caffeinated coffee in the morning.

Program: Individuals in treatment usually begin with 4-5 days in detox and then move to our residential program for 10-18 days. Once in residential, they will be attending classes all day in a structured environment. The classes focus on recovery and providing coping skills. In the evenings, clients may watch TV or provided movies. Clients like to have things to do to keep occupied. You may provide them with word search, Sudoku or crossword puzzles. They may also bring books to read and coloring books, pencils or markers.

Telephone Use: Individuals receiving treatment are not allowed to have electronic devices (cell phones, computers, etc.). In order for them to concentrate on getting well, calls may be made once they have been admitted to the Residential Program, and if it is on a designated phone call day.

Aftercare: All individuals receiving treatment will be encouraged to make follow-up doctors and therapy appointments. We also encourage individuals to continue with the 12-step meetings.

Patients Attempting to Leave Treatment: If the patient contacts you in an attempt to leave against medical advice, please talk to our staff before taking any action. Patients are not required to remain in treatment against their will; however, staff must be involved in this decision.

Mail: Residents may receive and send mail Monday through Friday. Residents must provide their own stamps. Envelopes and paper are provided.