

MECCA Services

Packing For Treatment Guidelines

Thank you for choosing MECCA as your substance abuse treatment provider. We have put together this brief guide to assist you in planning and packing for treatment. Please feel free to call if you have any questions.

You may bring the following:

— **Medications**: If you currently are on a prescribed medication, you will need to bring a minimum of a 30-day supply. Staff will review all prescription medication during the course of your treatment stay. All prescription medication must be in its original container. Please bring any over-the-counter medications you anticipate you will need during your stay. All medications will be kept in secure storage, and staff will assist you in receiving your medications at designated times. *Please note that we will be unable to admit you if you do not bring a 30 day supply.*

— **Clothing**: 7 days change of clothes (no clothing with drug, alcohol, or bar slogans), plus pajamas, robe and slippers. Because of limited space, please limit the amount of clothes you bring in. Please also bring clothes hangers for any clothes you wish to hang in a small closet that will be available for your use.

— **Personal hygiene items** (non-aerosol, non-alcohol): soap, deodorant, toothpaste, shampoo, feminine hygiene products, shaving items. Disposable razors (no straight/removable blades), tweezers, nail clippers/files, curling irons, and hair dryers are allowed, but will be placed in secure storage and their use will be monitored by staff. Hairspray, perfume, cologne, mouthwash, astringent, finger nail polish and nail polish remover are not allowed.

— **Alarm clock** – There is one alarm clock provided for each bedroom, but you may bring your own alarm clock if you wish. However, the alarm clock must not have any CD or radio attached.

— **Phone card**, if you wish to make phone calls.

— **Fees**: If you have insurance, please bring a copy of your insurance card. Financial assistance is available to those who qualify. You will need to provide income verification in order to determine your eligible aid. This can be done by bringing a current pay stub, unemployment information and/or obtaining financial verification from the nearest Workforce Center. This needs to be brought with you on the day of admission. MECCA does accept partial payment through food stamps. If you currently have food stamps, you may wish to bring your card. MECCA will also assist you in applying for food stamps if you are eligible. It is the expectation that clients will make payments while in treatment, based upon their assessed ability to do so. As partial payment for the cost of your services, please bring a minimum of \$60 to pay on your bill.

— **Tobacco Products**: If you smoke, please bring a month's supply as MECCA does not sell tobacco products, nor will you be allowed to leave the facility to purchase tobacco products during your course of treatment. Cigarettes must be in unopened packs, and all other tobacco products must be in sealed containers. Pouches of rolling tobacco will not be allowed. Clients may not share tobacco products with other clients. This may be a good time to quit or cut down your smoking, which MECCA staff can assist you with if you wish.

— **Physical & TB Test**: All clients are required to have a physical and tuberculosis test conducted no more than 90 days prior to admission or within 5 days of admission. If you've had a physical or a TB test recently, please bring documentation. If we are unable to obtain verification of a physical or a TB test prior to admission, you will be required to have one within 5 days. We can provide this service for you for a fee of \$85.00.

___ **Personal CD players with headphones:** will be placed in secure storage and use of these items will be monitored by staff.

___ **Cars:** We prefer that people not have their cars during treatment. If unavoidable, you will need to show a valid driver's license and proof of insurance. Cars on MECCA property will be searched by MECCA staff to ensure client safety.

___ **Linens:** Staff will provide you with one set of linens and a towel and washcloth for your stay. If you would like more than one set, you may bring your own.

___ **Letters:** If you plan to write letters, please bring the supplies and stamps you will need.

___ **Money:** MECCA will provide a place to lock up your money, but we advise you to leave valuables at home. You may wish to bring change for laundry and pop; we do not keep change on hand for these purposes. You may bring a phone card or purchase one at the facility in order to make calls.

___ **Other Items:** Space in the residential unit is limited, so please pack carefully and minimally. Due to limited space, *please be aware that items abandoned for more than two weeks will be donated or destroyed.*

The following items may NOT be brought to MECCA:

- Weapons or tools
- Radios
- Food or beverages, candy, gum
- Marking pens, white out
- Butane products, lighters filled with liquid fuel
- Cameras
- Razors with removable blades
- Hairspray, perfume, cologne, mouthwash, astringent, finger nail polish or remover
- Drug paraphernalia
- Diet aids
- Glue, paint
- Glass containers
- Cell phones, pagers, computers

Additional notes:

- **VISITORS:** We encourage your friends and family members to be a part of your treatment experience. Your counselor must approve all visitors before visiting day. Visiting hours are Saturday from 1:00 pm to 5:00 pm.

If you have any questions, please call us at:

Des Moines Residential: (515) 262-0349

Iowa City Residential: (319) 351-4357