

**Montana Chemical Dependency Center
Suggested Packing List**

ITEMS YOU MAY BRING: Hygiene products may not contain alcohol as one of the first 3 ingredients

Shirts, blouses, sweatshirts, coats, hats, gloves, sunglasses	Small makeup bag
Jeans, slacks, sweatpants, shorts (mid-thigh)	Hair dryer/ curling iron, hair ties, bobby pins
Underclothing, pajamas, robe	Hair Spray, shampoo, conditioner, mousse/gel (NON-Aerosol only)
Shoes, boots, socks and slippers	Electric razors. Personal razors must be newly packaged, will be safely stored by staff and checked out when in use.
Postage stamps, 1-2 small bags of candy	Up to 3 books, 1 coloring book, 1 small package of markers. These will be kept in your room and used during non-treatment hours.
Driver's license or State ID card, Social Security Card and Insurance Cards	Family photos, (more than 10) and they may not be larger than 4x6
NEW, UNOPENED, FDA approved nicotine patches or gum for use during the entire duration of their stay.	

ITEMS YOU MAY NOT BRING:

No medications, including over the counter medications, mood altering or illegal drugs, unless directed by the Admissions Team	No personal mugs or water bottles. You will be provided with a water bottle on admission.
NO halter tops, crop tops or see through clingy clothing. Spaghetti straps need to be covered with layers. NO miniskirts or short shorts. (shorts must mid-thigh or longer)	NO expensive jewelry
NO toiletries which contain alcohol as one of the first 3 ingredients.	No aerosol containers, NO colognes, perfumes, aftershave lotions or other items containing alcohol.
No food items including coffee, chewing gum and pop	NO beverages of any kind
NO towels, pillows, washcloths, loofahs, etc.	NO tobacco including cigarettes, e-cigarettes, chew or any products containing tobacco
NO BAR SOAP	NO Electronic equipment i.e., cellphones, radios, iPod, cassette/CD players, cameras, musical instruments
No hobby or craft items like playing cards, board games or sewing items	NO knives or weapons or any item that can be used as a weapon including straight edge razors
NO drug paraphernalia	NO lighter fluid

Patients should **NOT** bring more clothing than is needed for approximately one week. Each patient is allowed to bring one suitcase OR duffel bag. Clothing and other articles, which promote chemicals or alcohol, are considered disrespectful to others, and are not permitted. Excess belongings will not be stored on site and may be shipped to an external location at the patient's expense. **MCDC is not responsible for personal belongings and cannot be held liable to replace lost or stolen items**, (see other side for suggested packing list).

MCDC is a tobacco free facility and as such has a "zero tolerance" for patient use of any tobacco product. Patients will have the opportunity during the admissions process to surrender any tobacco products. We will not keep them, and they will be destroyed if you bring them with you.

Montana Chemical Dependency Center
TREATING THE DISEASE OF ADDICTION

WHAT YOU NEED TO KNOW: Once you are admitted for treatment:

Transportation: Please arrange transportation to come for treatment. Personal vehicles are not allowed, and patients should not travel to MCDC in their personal vehicle. MCDC is not liable for any damage, theft or other occurrence to the personal vehicle while the patient is in treatment. When you are ready to leave, it is best if you have a support person to come and pick you up to take you to the next step in your treatment.

Attention: those who are taking the bus home from MCDC:

- Greyhound allows one carry-on and one piece of luggage to be put in the under storage. Additional luggage will cost \$10.00 for the first extra piece of luggage and then \$30.00 per additional piece. The maximum weight of each piece of luggage is not to exceed 50 pounds.

- Rimrock Stage allows one carryon bag and one piece of luggage to be put in the under storage. Additional luggage will cost \$15.00 for the first extra piece of luggage and then \$30.00 for each additional piece. The maximum weight of each piece of luggage is not to exceed 50 pounds.

NO drugs or alcohol are allowed.

NO Tobacco or Tobacco Products- NO smoking- NO CHEW

No money is needed while you are in treatment here at MCDC. It will be stored for you in a safe upon arrival.

You will have a roommate and share a bathroom area with 2 other patients.

Phone Calls: Incoming patient calls are not permitted. Your personal cell phone will be placed in a secure area upon check-in and returned upon departure. A cell phone is provided by MCDC for your use while you are here.

Visitors: Visitation is available for patients at MCDC. This is scheduled individually as appropriate with treatment through the counseling staff.

Length of Stay: Each individuals stay here is unique and may last up to or beyond four (4) weeks.

Financial Affairs: Patient rates are based upon "ability to pay" using a sliding scale fee. We will contact you before you arrive or upon arrival to complete a financial assessment for you.

Treatment is based on a medical model of care including a comprehensive assessment, individual treatment planning and continued care planning: Individual treatment includes such services as withdrawal treatment (detoxification), group and individual counseling and therapy, skill-based training, relapse prevention. **Random U/A's will be conducted.**

Admissions Date and Time: You will receive an arrival date and time. Please contact us as soon as possible if something unusual happens that may change the appointed date and/or time.

Exercise and Recreation: Each resident unit has exercise equipment that can be accessed by the patients. Outside activities such as basketball, volleyball, and horseshoe pits are available to use outside (weather permitting).

Mail Services: Mail is daily, except weekends. Patients must provide their own stamps. All incoming parcels will be opened in the presence of MCDC staff.

Laundry facilities and detergent are available to patients at no charge. Bedding and towels will be provided. Blankets, pillows or comforters will be approved on a case-by-case basis. All patients are responsible for doing their own laundry. Personal hygiene is very important to self-image and all patients are required to shower daily. Patients must be dressed appropriately by breakfast time. Hygiene items need to be unopened and packaging intact when bringing personal hygiene products.

If you still have questions after reading the information, feel free to call the Admissions Department at 406-496-5412. After Hours or weekends please call 406-496-5415.

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