

Adult Inpatient Program – Cottage C

1. What do I need to bring to the hospital?

Your stay here will probably be 3-5 days. All items you bring in and those brought to you must be searched by staff. Please bring only necessary personal belongings and hygiene articles. We recommend:

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| <ul style="list-style-type: none"> <input type="checkbox"/> Insurance card <input type="checkbox"/> Method of payment for co-pays, deductibles, and physician fees <input type="checkbox"/> Pharmacy/medication cards <input type="checkbox"/> Name, address, phone of current and previous therapists or doctors <input type="checkbox"/> Copy of physical and all laboratory and EKG reports if done within 30 days prior to admission <input type="checkbox"/> List of all medications that you are taking, including over-the-counter medications and vitamins <input type="checkbox"/> Non-spiral notebook <input type="checkbox"/> Cigarettes, if you smoke <input type="checkbox"/> Personal hygiene products including: <ul style="list-style-type: none"> • Deodorant • Liquid soap (no bar soap) • Toothbrush/Toothpaste • Brush/comb • Shampoo | <ul style="list-style-type: none"> <input type="checkbox"/> Casual, comfortable clothing and undergarments for 3 – 5 days <ul style="list-style-type: none"> • Pajamas/robe/slippers (Robes must be worn over sleeping attire if in atrium or hall.) • Warm items – jacket, coat, sweater, gloves (Unit is often cool in temperature.) • Skirts and shorts are to be medium length • Bras must be worn • No bare midriff showing shirts • Shoes or slippers must be worn at all times • Washer/dryer/laundry detergent available on unit <input type="checkbox"/> 12-Step literature <input type="checkbox"/> Bible or devotional literature <input type="checkbox"/> \$10 maximum (in quarters) for vending machines <input type="checkbox"/> Hairdryer <input type="checkbox"/> Plastic hangers <input type="checkbox"/> Electric shaver <input type="checkbox"/> Stationery and stamps <input type="checkbox"/> Family photos (optional) (no glass in frames) |
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2. What CANNOT be brought to the unit?

Some items are not allowed due to safety concerns, while others do not promote a therapeutic environment. The following items are not allowed on the unit or in your possession: ***We strongly recommend that you do not bring large sums of cash or expensive jewelry. Ridgeview Institute is not responsible for lost or stolen items.**

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| <ul style="list-style-type: none"> <input type="checkbox"/> Illicit drugs or alcohol <input type="checkbox"/> Items restricted by law <input type="checkbox"/> Knives, guns, mace <input type="checkbox"/> Clothing promoting drug/alcohol use | <ul style="list-style-type: none"> <input type="checkbox"/> Revealing clothing <input type="checkbox"/> Sexually explicit material of any type <input type="checkbox"/> Over-the-counter medications <input type="checkbox"/> Mouthwash containing alcohol | <ul style="list-style-type: none"> <input type="checkbox"/> Lighters, matches, incense, or candles <input type="checkbox"/> Wire hangers or plastic bags <input type="checkbox"/> Glass items <input type="checkbox"/> Bar soap |
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These items are NOT allowed and must be sent home with family member since there is no room to store them.

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| <ul style="list-style-type: none"> <input type="checkbox"/> Tape Players <input type="checkbox"/> TVs <input type="checkbox"/> Musical Instruments | <ul style="list-style-type: none"> <input type="checkbox"/> Blackberries, IPODs, Palm Pilots, etc. <input type="checkbox"/> Computers, PDAs | <ul style="list-style-type: none"> <input type="checkbox"/> Tape Recorders <input type="checkbox"/> Cell Phones <input type="checkbox"/> Beepers <input type="checkbox"/> Cameras |
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3. What are the visitation hours?

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| <ul style="list-style-type: none"> <input type="checkbox"/> Wednesday 7:00 – 8:00p <input type="checkbox"/> Saturday 2:30 - 3:30p | <ul style="list-style-type: none"> <input type="checkbox"/> Family Groups: Saturday 1:30 – 2:30p |
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All visitors ages 14 and older are welcome during visiting hours. Only two visitors per patient will be allowed at one time. Visitors are to check in at the front desk in the administration lobby prior to coming to the unit. Staff must check all items brought in before giving it to the patient.

4. Phone privileges

Calls for patients can be received between the hours of 6:30a – 11:30p (12:30a on Friday and Saturday). Please limit your calls to 10 minutes as there are many patients and little free time. Phones are shut off during group times (refer to schedule).

5. Key phone numbers

If a family member needs to speak with a member of the treatment team or to obtain the attending physician's office number, please call the nurse's station at 770-434-4568 extension 4300. **Patients cannot be reached at this number.**

Patients are assigned an identification number on admission. By law the staff cannot release any information to you without that number.