

Recovery Residence

1. What do I need to bring to the Recovery Residence?

Please do not bring items of great value. Ridgeview Institute will not be responsible for items lost or stolen. Bring a few personal items such as photos, pillow, a favorite book. These items will make your stay more comfortable. We ask that you limit the amount of luggage you bring, due to limited storage space.

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|-----------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Casual shirts/T-shirts | <input type="checkbox"/> Coat and/or light jacket | <input type="checkbox"/> Devotional literature |
| <input type="checkbox"/> Casual slacks/dresses | <input type="checkbox"/> Raincoat/umbrella | <input type="checkbox"/> Paper and pen |
| <input type="checkbox"/> Jeans | <input type="checkbox"/> Gloves | <input type="checkbox"/> Stationery & Stamps |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> \$25 per week for your expenses such as movies, outings, cigarettes, is recommended. |
| <input type="checkbox"/> Sweaters | <input type="checkbox"/> Swim suit | <input type="checkbox"/> Phone card |
| <input type="checkbox"/> Jogging suits | <input type="checkbox"/> Toiletries | |
| <input type="checkbox"/> Undergarments | <input type="checkbox"/> Hairdryer | |
| <input type="checkbox"/> Tennis shoes/dress shoes/walking shoes | <input type="checkbox"/> Alarm clock | |
| <input type="checkbox"/> Pajamas/boxers/slippers | <input type="checkbox"/> Small clock radio | |
| | <input type="checkbox"/> 12-Step literature | |

***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.**

Optional Items

- Family pictures
- Guitar or other small musical instrument

2. What cannot be brought to the Recovery Residence?

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|---------------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> Drugs and alcohol | <input type="checkbox"/> CD/Tape players or other expensive electronics |
| <input type="checkbox"/> Clothing bearing drug and alcohol messages | <input type="checkbox"/> Mouthwash containing alcohol |
| <input type="checkbox"/> Cell phones, computers, beepers | <input type="checkbox"/> Revealing clothing |
| <input type="checkbox"/> Sexually explicit material of any type | <input type="checkbox"/> Weapons of any type |

Any medications, vitamins, or supplements that you are taking need to be brought in and turned in to staff immediately upon admission. Your nurse or doctor will need to review these items and approve which ones are safe for you to continue:

- Prescription and over-the-counter medicines
- Vitamins
- Herbal/dietary supplements

3. What are the visitation hours?

- Tuesdays, 7:00 – 9:00p (All 1st time visitors must attend Family Orientation)
(You and your family will be required to attend a one-hour Multi-family Group offered during this time period.)
- Sundays, 10:00a – 3:00p Schedule:
 - 10:00a Sunday Spiritual (required if you are on campus)
 - 11:00a 12-Step Meeting (required if you are on campus)
 - 12:00p Lunch
 - 1:00p-3:00p Visitation (with prior approval)

4. Phone privileges

Telephones are available in each apartment of the Recovery Residence. Usage is limited to two (2) times per day, 15 minutes each. If you need to take care of legal matters, etc., you may be assigned a consult room upon request.

5. Key phone numbers

To obtain answers to other questions about the Recovery Residence, call the Recovery Residence Manager, at 770-434-4568 extension 3326.