

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

Length of stay varies. 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:

- Insurance card
- Pharmacy/medication cards
- Name, address, phone of current and previous therapists or doctors
- Copy of a physical and all laboratory and EKG reports if done within 30 days prior to admission
- List of all medications that you are taking, including over-the-counter medications, vitamins, and supplements
- Non-spiral notebook
- Cigarettes, if you smoke
- Personal hygiene products including:
 - Deodorant
 - Liquid soap (no bar soap)
 - Toothbrush/Toothpaste
 - Brush/comb
 - Shampoo
- Hairdryer
- Casual, comfortable clothing and undergarments for 6 – 9 days
- 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
- Loose-fitting, comfortable clothes for movement groups
- Bras must be worn
- No bare midriff showing shirts
- Shoes or slippers must be worn at all times
- Washer/dryer/laundry detergent available on the unit
(You may bring your own fabric softener if you desire.)
- Plastic hangers
- Electric shaver
- Stationery and stamps
- School work and books for any adolescent patient
- Family photos (optional) (no glass in frames)
- Bed linens are provided, however, you may bring your own pillow, blanket, and/or comforter if you choose to do so.

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.**

- Food, candy, gum, beverages, water bottles, etc.
- Illicit drugs or alcohol
- Items restricted by law
- Knives, guns, Mace
- Clothing promoting drug/alcohol use
- Revealing clothing
- Sexually explicit material of any type
- Lighters, matches, incense, or candles
- Razors, wire hangers or plastic bags
- Glass items
- Bar soap
- Valuables, including jewelry, credit cards, checkbooks, and large amounts of cash
(These items can be locked in the hospital safe.)
- Magazines, I-Pods, MP3 Players

These items are NOT allowed and must be sent home with family member since there is no room to store them.

- CD Players
- Tape Players
- TVs
- Computers/Laptops
- Tape Recorders
- Cell Phones
- Beepers
- Cameras

3. What are the visitation hours?

*Maximum number of visitors per patient at one time is 4.

Monday 7:00-8:30p

Saturday 3:30-5:00p

Sunday 3:30-5:00p

All visitors ages 14 and older are welcome during visiting hours. 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

Patients are welcome to make and receive telephone calls during free time. Please limit telephone calls to 10 minutes.

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 4530. (Patient ID# is required in order to receive information.) **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.