

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

Your stay here will probably be 5 - 7 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:

- If possible, please bring all medications that you are taking, including over the counter medications, vitamins, drops, ointments, etc. They may be sent back home after review by the nurse. If medications are not available, please bring a complete list of all current medications.
- Copies of Advanced Directives: Durable Power of Attorney for Healthcare, Living Will, DNR if from Nursing Home.
- Insurance card
- Pharmacy/medication card
- Name/phone number of current and previous therapists or doctors.
- Copy of physical and all laboratory and EKG reports if done within 30 days prior to admission.
- Plastic hangers
- 12-Step literature
- Bible or devotional literature, any other reading material
- \$10 maximum (optional)
- Casual, comfortable clothing and undergarments for 3-4 changes of outfits.
 - Pajamas/robe/slippers (Robes must be worn over sleeping attire if in day area.)
 - Warm items – jacket, coat, sweater
 - Bras must be worn
 - Shoes or slippers must be worn at all times
- Personal hygiene products including:
 - Deodorant
 - Liquid soap (no bar soap)
 - Toothbrush/toothpaste
 - Brush/comb
 - Shampoo/hairdryer
 - Electric shaver

***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.**

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:

- Lighters/matches
- Illicit drugs or alcohol
- Items restricted by law
- Knives or other weapons
- Inappropriate clothing
- Sexually explicit material
- Mouthwash containing alcohol
- CD or tape players
- Cell phones
- Razors
- Wire hangers or plastic bags
- Glass items (make-up may be stored in valuables closet on unit.)
- Bar soap
- Handkerchiefs
- Valuable items such as jewelry or watches

3. What are the visitation hours?

- Ⓞ Tuesday and Thursday - 12:30pm-2:00pm
- Ⓞ Wednesday - 5:15pm-6:15pm
- Ⓞ Sunday – 2:00pm-4:00pm

Visitation may occur outside of group times or other scheduled meetings, with prior approval from the nurse. Our number is 770-434-4568 extension 3230. Staff must check all items brought in before giving it to the patient.

4. Phone privileges

A cordless phone is available in the day room for patient use (outside of scheduled group times).

5. Key phone numbers

The nursing staff is available 24 hours per day to address any concerns or questions.

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

Nursing Station: 770-434-4568 extension 3230

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