

## Admission checklist

Welcome! To help make your admission go smoothly and your stay as comfortable as possible, we ask that you read through this checklist. By following this list, you will arrive at our treatment center with all the necessary documents and personal items. If you have any questions after reading the list, please contact our admissions department at 800-767-4411, ext. 5959 and ask to speak with the program's admission coordinator.

### What to bring with you

- Latest lab work and EKG (as directed by our admissions department).
- Note from a physician stating that you are free of communicable diseases (influenza, chickenpox)
- Current psychiatric evaluation, if available, from your outpatient psychiatrist.
- Discharge summary from your last treatment facility, as applicable.
- Names, addresses and telephone numbers of current outpatient providers, such as your primary care physician, psychiatrist, and therapist.
- Any over the counter medication or vitamins that you take on a routine basis in their original sealed (unopened) containers.
- Insurance card, prescription card, and current prescribed medications in their original containers or unit dose packaging.
- \$100 in cash or credit card for spending on personal care items or outings. We have a safe available at the main hospital and small lockers at our residential building (*see the "Spending money" note on other side*).

### Recommended Items:

- Comfortable indoor and outdoor clothing appropriate for the season, with the following guidelines in mind: *Clothes and jewelry that refer to alcohol, eating disorder behaviors, drug abuse or promote violent behavior are not allowed. Sexually provocative clothes (bare midriffs, shorts that are short, baggy or display underwear) are not to be worn. Temperatures in the building may vary; for your comfort, please bring clothing for layering.*
- Swimsuit for use at the local YMCA and parks.
- Socks, tennis shoes, boots and other proper footwear for outdoor group and indoor activities.
- Robe, slippers, sleepwear.
- Electric shaver (manual razors are not permitted)
- We provide linens (towels, washcloths, sheets, comforter and pillow), however you may bring your own if it makes you more comfortable.
- Shower caddy, shower shoes, and personal hygiene items (toothpaste, toothbrush, alcohol-free mouthwash, comb, brush, shampoo, hair dryer, deodorant, cosmetics, etc.).
- Cell phones **without cameras** are permitted. *Phones are kept in the staff office and checked out for use in selected areas at designated times.*

### Optional Items:

- Stationery, stamps and envelopes.
- Books and other reading materials.
- Pictures of family and friends for your room.
- Pens, pencils and notepads.
- Personal items that will make your stay more comfortable (for example, an alarm clock, small radio/CD player). iPods and MP3 players **without cameras** are permitted; however, personal gaming equipment is strongly discouraged. *There are no personal internet ports in the building and Wi-Fi is not available for use.*

**Items Not Allowed:** *Staff is required to check for these items at admissions and periodically during your stay.*

- × Any items restricted by law
- × Candles or incense
- × Personal hygiene products that have "alcohol" listed as an ingredient (*please check the label of any mouthwash, perfume/cologne, hair spray, shampoo, conditioner, etc.*)
- × Weapons or self-defense materials
- × Metal paperclips or staples
- × Manual razors (*only electric shavers are permitted*)
- × Masks of any type
- × Vaping devices and paraphernalia
- × TVs; portable DVD players; camera or Wi-Fi enabled handheld games
- × Media content rated PG-13 or higher for adults; rated PG or higher for adolescents
- × Any food or drink from the outside (*this includes bottled water*)
- × Candy or gum of any kind
- × Heating pads or electric blankets
- × Cameras, computers or other personal electronic devices with built-in cameras and/or recording capabilities

**If you smoke:** *Vaping is not permitted at any location on our campus.* We recognize that some adults who come to Rogers are smokers or use other tobacco products. While no tobacco products (cigarettes, cigars, pipes, snuffs, chewing tobacco, etc.) or ignition materials (lighters, matches, etc.) may be used inside the buildings, there is a designated cigarette only smoking area for residents located outside the building. We also recognize that many people with tobacco/nicotine addiction want to quit, and our physicians are eager to assist you if you decide to address your nicotine addiction while in treatment here. Please inform family members and/or friends accompanying you that even though allowances are made for adult residents in treatment to smoke in a designated smoking area, Rogers is a smoke-free campus. Family members and visitors are unable to smoke or vape anywhere on campus and are not allowed to use the designated smoking area.

**Vehicles:** You may have a vehicle on the hospital campus; however, it must be registered at the center's staff office and your license plate number recorded. Vehicles must be parked at a remote site in the main hospital parking lot and keys must be turned in upon admission. Resident vehicles may not be parked at the Delafield campus.

**Length of stay:** The length of stay is open-ended; the minimum is 30 days and average is 45 to 60 days. Keep in mind this average is only an approximation, as there are many variables taken into consideration for discharge such as your past history, current status and stage of illness, support systems, resources, risk factors and response to treatment.

**Spending money:** The hospital is able to cash personal checks valued at \$20 or less. If your family will be sending cards with money, please tell them to make check payable to "Rogers Behavioral Health."

**Pharmacy and medication information:** Rogers Behavioral Health contracts with Genoa pharmacy as our preferred source for resident medications during your stay. We feel that they provide the best possible and most time efficient services for you and your family. Please bring your prescription medications in their original container or unit dose packaging (ask your local pharmacist for this service). If you chose to use an alternative pharmacy, you will need to make sure your medications are delivered by the outside pharmacy in a timely manner. *It is your responsibility to verify coverage of all pharmacy services prior to your admission.*

**Nursing information:** We do have nurses working in the program; however, this is primarily for consultative services. *Please address any major medical issues that are unrelated to your eating disorder prior to your admission.*

**Billing information:** We also want to make you aware that you will receive separate invoices for psychiatry services, for any consultations, medications or lab services ordered by the physician. *These invoices are your responsibility.* You will receive a statement of these charges, regularly, while you are in treatment. If you have any concerns about this, please contact patient financial services at 262-303-2180 or CS-PFS@rogershospital.org

**If you are sick / medical treatments / outside appointments:** To ensure the most effective treatment, residents are to comply with medical treatment recommendations from the residential program staff to maintain medical stability. These include and are not limited to required lab work (labs), weights and vitals, physical examinations, recommendations for tube feeding, medications, individualized meal plan, IV fluids and activity guidelines, etc. We utilize Oconomowoc Memorial Hospital for urgent care and emergency room services.

For any non-urgent appointment needs during your stay, the treatment team asks that you call to schedule the date and time for the appointment and provide transportation to and from the appointment. If transportation is not possible, Rogers can work with you for possible transportation.

After scheduling the appointment, please call the nursing office at 262-646-1167 to notify of the appointment date and time and transportation plan.