

## 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 admissions coordinator.

### What to bring with you

#### Required items:

- 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.
- 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.
- A pre-paid 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*).
- Name, address and telephone number of your current school, along with the names of your teachers; your current textbooks plus anything else related to meeting your current education needs.

#### 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.*
- Socks, tennis shoes, boots (no slip-on cowboy boots) and other proper footwear for outdoor group and indoor activities.
- Robe, slippers, sleepwear.
- Shower caddy, shower shoes, and personal hygiene items (toothpaste, toothbrush, alcohol-free mouthwash, comb, brush, shampoo, hair dryer, deodorant, cosmetics, etc.).
- Electric shaver (manual razors and straight razors are not permitted).
- Pack your items in carry-on sized bags. We only have locker sized luggage storage (10 x 16 x 24 inches) on the unit.
- We provide linens (towels, washcloths, sheets, comforter and pillow); however, you may bring your own if it makes you more comfortable.
- High efficiency (HE) laundry pods for washer/dryer unit. We provide unscented basic laundry pods, but recommend that you bring your own. You will be responsible for washing your clothing and linens.

#### 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). MP3 players **without cameras** are permitted; however, no other electronics are allowed. *There are no personal internet ports in the building and Wi-Fi is not available for use.*

***Please review other side for important information.***

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

- × Any items restricted by law
- × Candles, incense, essential oils, and diffusers
- × 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 and straight razors (*only electric shavers are permitted*)
- × Masks of any type
- × Smoking and vaping devices and paraphernalia
- × TVs; portable CD/DVD players; gaming devices; 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
- × Oversize luggage (we only have storage for carry-on sized bags and suitcases)

**Length of stay:** The length of stay is open-ended; the 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 [CustomerService@rogersbh.org](mailto:CustomerService@rogersbh.org)

**If you are sick / medical treatment / 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 child’s residential 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. It is highly recommended that parents or their designee attend all outside appointments. This will ensure you receive direct communication from the service provider unaffiliated with Rogers Behavioral Health It is also beneficial for maintaining the parent and child bond and rapport while in treatment. Appointments can be distressing for adolescents, and the presence of a family member helps to ensure that the child feels supported. If family support is impossible, Rogers can work with your family for possible transportation and limited staff support in your absence.

**After scheduling the appointment, please call the nursing office at 262-646-1167** to notify of the appointment date and time and transportation plan. *If at any time you feel that your medical condition is declining, please alert a member of the program staff as soon as possible.*

As we continually strive to improve our program components and treatment services, this information is subject to change and revision without prior notice. We have attempted to provide the most accurate and up-to-date information. (Rev 05/21)