



## Eating Disorder Center at Rogers Memorial Hospital

# 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 Eating Disorder Center program representative.

### 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 (e.g., influenza, Herpes II, 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).

### Adolescents (under age 18) must also bring:

- 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.
- Immunization records, current medical history and physical (Examination must be within the last six months of your admission date to be considered current.) – *This is required by state law.*
- Current dental records (Check-up must be within the last six months of your admission date to be considered current.) – *This is required by state law.*

### 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.
- We provide linens (towels, washcloths, sheets, comforter and pillow), however you may bring your own if it makes you more comfortable.

*Please review other side for important information.*

- Shower caddy and personal hygiene items (toothpaste, toothbrush, comb, brush, shampoo, hair dryer, deodorant, cosmetics, etc.).
- Cell phones **without cameras** are permitted (no Smartphones). *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. Laptops **without cameras or recording capabilities** are allowed for very limited use in journaling. *There are no personal internet ports in the building.*
- 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. *Personal gaming equipment is strongly discouraged.*

**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
- ✗ Vaping devices and paraphernalia
- ✗ Masks
- ✗ TVs, portable DVD players; 3DS or similar games
- ✗ Media content rated PG 13 or higher
- ✗ Any food or drink from the outside (including bottled water)
- ✗ Candy or gum of any kind
- ✗ Heating pads or electric blankets
- ✗ Smartphones, cameras, computers or other personal electronic devices with built-in cameras and/or recording capabilities

## **If you smoke**

We recognize that some people who come to the Eating Disorder Center 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 smoking area for adult 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.

Family members and/or friends accompanying you should know that, even though allowances are made for adult residents in treatment to smoke in a designated smoking area, Rogers Memorial Hospital is a smoke-free campus. Family members and visitors are unable to smoke anywhere on campus and are not allowed to use the designated smoking area at the Eating Disorder Center.

## **Vehicles**

You may have a vehicle on the hospital campus; however, it must be registered at the Eating Disorder Center 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.

## **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. Admissions and discharges are not scheduled to occur on Fridays or weekends.

## **Spending money**

The hospital is able to cash personal checks valued at \$20.00 or less. If your family will be sending cards with money, please tell them to make check payable to "Rogers Memorial Hospital."

## **Pharmacy and medication information**

Rogers Memorial Hospital contracts with an outside pharmacy that provides services for numerous health care organizations in the area and provides the best possible services for you and your family. Bring your prescription medications in their original container or unit dose packaging (ask your local pharmacist for this service). Unit dose packaging is a state regulation requirement intended to ensure the safe handling and storage of medications in our facility.

## **Nursing information**

We do have nurses working at the residential center; 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

**Rogers Memorial Hospital is a private, non-profit hospital within the Rogers Behavioral Health System.**

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 09/16)