

## Admissions information

To help make your admission and stay as comfortable as possible, we ask that you read this information carefully and refer to the packing guide so you arrive with all the required documents and personal items. If you have any additional questions, please call 262-646-4411 and ask for the Admissions Department.

### Expectations

Rogers' inpatient program provides intensive treatment for adults with eating disorders. We welcome people who have a variety of struggles with eating disorders to this program, and it is common to encounter a diverse population during your stay. Some of the many reasons people may require inpatient treatment for an eating disorder are abnormal blood work; being significantly underweight; out-of-control binging and/or purging; feelings of harming themselves or others; and/or having significant medical conditions because of an eating disorder. Because of the intensive monitoring required at this level of care, there are certain things to expect:

- All of your belongings will be thoroughly checked by a staff member to ensure that your clothing and personal items are safe and appropriate for use (see the "Packing guide" section below).
- The entrance doors to our program are locked for the safety of our patients. The majority of our programming occurs on the unit or within the main hospital building; you will be escorted by staff whenever you leave our program area.
- Based on a series of detailed assessments given shortly after admission, the treatment team will develop your individual treatment goals and then facilitate and monitor your progress during your inpatient stay. The length of time you will be in the program will be determined by your treatment team and you.
- Due to the serious health conditions that people in this level of care experience, there are no formal exercise programs (including, but not limited to, stretching and yoga).
- The program's attending physician needs the most current information about your health, including blood work and an electrocardiogram (EKG). Even if you have had these tests completed recently, we may require you to have them repeated at a local medical hospital or within our facility.

Many times, people in our inpatient program will transfer within the Rogers system to residential treatment or to one of our specialized partial hospitalization programs. Different expectations apply for each level of care, so what you are asked to bring to one of these programs will be different than what is allowed in an inpatient setting.

**If you smoke:** We recognize that some people who come to Rogers are smokers or use smokeless tobacco / nicotine products. We also recognize that many people with tobacco/nicotine addiction want to quit. 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 at admission or visiting you during your stay should know that Rogers Behavioral Health's Oconomowoc campus is smoke-free. Family members and visitors are unable to smoke anywhere on campus.

**Vehicles:** You may have a vehicle on the hospital campus; however, it must be registered with our staff 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.

**Billing information:** We want to make you aware that you will receive separate invoices 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@rogersbh.org](mailto:CS-PFS@rogersbh.org).

# Packing guide

As part of your orientation, a staff member will thoroughly check all your belongings with you. Please note that, for safety reasons, belongings may be put in locked storage until they can be inspected with staff. Upon inspection with staff, some items may be returned to you immediately. Some items will have to stay in storage for the duration of your hospitalization but may be checked out if needed. Any items that cannot be used while you are at the inpatient program will be secured by Rogers' staff until your discharge.

If you are planning to transition to the residential program following your inpatient stay, please review the program's admission checklist, as the items you can and cannot bring vary depending on the level of care. *We recommend that you pack a separate bag with those items; they will be stored and returned to you upon your discharge from the inpatient program.*

## Mandatory items:

- Latest copies of medical records, blood work and electrocardiogram (EKG) as directed by our admissions department. *These results must be faxed to 262-646-7877 and reviewed prior to admission.*
- Names, addresses, telephone numbers and fax numbers of your current outpatient providers, including your primary care provider, psychiatrist, therapist/counselor, and dietitian.
- Insurance card, prescription card, name and phone number of your pharmacy
- An accurate list of all current prescription and over-the-counter medications. Please include the following information: medication name, dosage, and how often the medication is taken (for example, Prozac, 20mg, one tablet every morning).
- Legal paperwork such as advanced directives, probation/parole, etc.

## Recommended clothing:

- Comfortable clothing appropriate for the season:
  - ✗ No clothing with belts or strings (such as hooded sweatshirts or drawstring pants).
  - ✗ No clothing or jewelry that refer to alcohol, eating disorder behaviors, drug abuse or promote violent behavior.
  - ✗ No sexually provocative clothes (bare midriffs, shorts or skirts that are short, baggy or display underwear).
  - ✓ Please consider bringing clothing to accommodate weight restoration if that is a treatment objective.
  - ✓ Temperatures in the rooms may vary; for your comfort, please bring clothing for layering
- Proper footwear for indoor and outdoor activities (no shoelaces or slip-on cowboy boots permitted). *For safety reasons, state health codes require you to wear footwear in public areas of the program.*
- Sleepwear without a drawstring (worn for sleep time only)

Based on these guidelines, we recommend you plan to pack: 10 tops (7 shirts and 3 sweatshirts and/or cardigans); 10 bottoms/pants; 10 pairs of underwear and bras/undergarments; 10 pairs of socks; 7 days' worth of sleepwear (night gowns and/or pajama pants with shirt); slippers

## Optional clothing:

- Two or three knit hats (with no strings)
- Robe (without a belt or drawstrings) – this may be only worn in your bedroom
- Tennis shoes (if they have laces, the shoes will be locked up and available for use during outside time)

**You do not need to bring any personal hygiene products.** We have toothpaste, toothbrush, deodorant, shampoo, conditioner, soap, and skin care products. *If you have a prescription hygiene item, please call the Admissions Department to discuss.*

**Other optional items to consider:**

- Reading items – we recommend bringing five (5) books (we can send them home and have new books sent if needed). If you have a kindle or other ereader, make sure it does not have internet capabilities.
- Electric razor – this will be checked out and used with staff supervision
- Coloring books and/or journals
- Fine point markers that do not include metal tips (we have Crayola thin markers available if needed).
- Fidgets that do not contain any metal
- Pictures of family and friends (no glass frames)
- Written list of phone numbers of family and friends you would like to stay in touch with during your stay

**Please refrain from bringing the following items as these are not allowed:**

- ✗ Sentimental valuables (*we will not be held responsible if these items are lost or stolen*).
- ✗ Straightener or curling wand
- ✗ Bladed razor
- ✗ Personal hygiene products
- ✗ Perfumes or body spray
- ✗ Anything with a hood, drawstrings, chains or similar. (Drawstrings can be removed but they won't be able to be replaced)
- ✗ Lounge shoes that contain laces
- ✗ Jewelry (please remove any piercings prior to admitting to the unit; we can provide you with plastic piercing holders upon request).
- ✗ Pens and pencils
- ✗ Cell phones, tablets, or any electronics (We have phones and tablets available to make voice phone calls and video calls)
- ✗ Battery operated clocks or fans
- ✗ Knitting or crocheting items – this may be allowed in residential level of care but not at inpatient level
- ✗ Personal laundry detergent (we will provide you with hypoallergenic laundry detergent)
- ✗ Stuffed animals or squish melloWS

**If residential treatment has been discussed prior to admission as the next level of care, please feel free to pack a separate suitcase for items you may need.** These items will be stored and not be gone through. (Note: we have limited space for storage; if you reside locally, we recommend these items be brought closer to the admission date.)