

## 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 OCD and Anxiety program representative.

### What to bring with you

- Latest medical information as directed.
- Current psychiatric evaluation, if available.
- 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.
- Insurance card and prescription card, plus your current supply of prescribed medications you are taking. These medications must be in their original container – do not transfer your medications into daily medication dispensers.
- Any over-the-counter medications, supplements or vitamins that you take on a routine basis. These items must be in their original containers.
- Cash or credit card for spending on personal care items or outings.

### Recommended Items:

- Comfortable clothing appropriate for the season.
- Proper footwear (i.e., socks, tennis shoes, boots) for indoor and outdoor activities; no slip-on cowboy boots.
- Robe, slippers, sleepwear.
- Electric shaver (*manual and straight razors are not permitted*)
- One-piece swimsuit, towel and water shoes for use at the local YMCA.
- We provide linens (towels, washcloths, sheets, comforter and pillow); however, you may bring your own if it makes you more comfortable.
- Personal hygiene items (toothpaste, toothbrush, shampoo, comb, deodorant, cosmetics, etc.); shower shoes/sandals.
- Mobile phones *without camera, video or voice recording* are permitted.

### Optional Items:

- Stationery, stamps and envelopes.
- Pens, pencils and notepads.
- Books and other reading materials.
- Hair dryer, curling iron.
- Pictures of family and friends for your room.
- Personal items that will make your stay more comfortable are welcome (for example, a small radio or CD player); iPods and MP3 players *without cameras* are permitted.

### Items Not Allowed:

*Staff will have a family member take these items back home if they are found.*

- ✗ Any items restricted by law
- ✗ Candles or incense; matches or lighters
- ✗ Manual or straight razors (*only electric shavers are permitted*)
- ✗ TVs or personal DVD players
- ✗ Any electronic devices with built-in cameras, internet access or recording capabilities
- ✗ Essential oils and diffusers

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

## **If you smoke**

We recognize that some people who come to Rogers Behavioral Health 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 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 residents in treatment to smoke in a designated smoking area, Rogers Behavioral Health's Oconomowoc campus is smoke-free. Family members and visitors are unable to smoke anywhere on campus and are not allowed to use the patients' designated smoking area.

## **Vehicles**

You may have a vehicle on the Oconomowoc campus; however, it must be registered at the staff office and your license plate number recorded. Vehicles are parked at a remote parking lot located on the main campus and keys are turned in upon admission.

## **Pharmacy and medication information**

Rogers Behavioral Health 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 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 prior to your admission.

## **Length of stay**

The length of stay at the center is open-ended. While the average length of stay is 45 to 60 days, keep in mind this 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 to ensure successful transition.

## **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@rogersbh.org](mailto:CS-PFS@rogersbh.org)