

## **What to Bring to Crossroads Residential Treatment**

**3099 NE Diamond Lake Blvd. Roseburg, OR 97470**

**Intake coordinator's phone number: (541) 673-3469 | Option 2 | (X3403)**

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- **No vehicles may be left on the property during your stay.** Clients must arrange transportation to be dropped off at Crossroads at the scheduled admitting time.
- **Residents are allowed up to 1 Suitcase.**
- **All incoming clients need to make sure they are free from head lice and bedbugs.** If lice or bedbugs are found during the intake process, the client will not be able to complete admission to Crossroads. The client will be instructed to return home and treat the lice or bedbugs. The bed will not be saved. The client will be rescheduled for the next available bed after they have completed the lice/bedbug treatment.

### **Intake Process:**

- Upon check-in, clients will complete all necessary intake paperwork and provide a UA prior to going to their room. This process can take an hour or longer. **Please bring your photo ID and insurance cards with you.**
- Clients are required to change into scrubs so that **ALL** clothing can be washed in **hot water and dried in hot dryers**. Please do not bring clothing that you do not want washed in this manner.
- All cell phones will be placed in lock-up. You will be able to schedule a phone call, using the facility phone, during the allowed phone time. Please bring a list of phone numbers that you will need to call while here.
- No food or drinks are allowed. Any open outside food and beverages will be thrown out upon check-in. Un-opened food and beverages will be put in lock up, if preservable, until you check out. Some individually wrapped hard candy may be allowed.

### **Items Allowed:** *(Please pack for the appropriate time of year)*

- 10 makeup/facial items – this includes any face products (*face cream/wash/lotion*)
- 1 belt, 1 hat, 1 beanie
- 5 outfits
- Unlimited bras, socks, underwear, undergarments
- 1 sweatshirt and 1 coat
- 2 pajamas/sleep outfits. **Sleepwear must meet the dress code**
- 2 pairs of shoes, 1 pair of shower flip flops, and 1 pair of sandals (weather permitting)
- Only jewelry clients have on when they come in. **No additional jewelry to be allowed**
- Individually wrapped hard candy only. **No suckers and no candy with soft filling**
- Shampoo, conditioner, body wash, bar soap, deodorant, brush, comb, toothbrush, toothpaste. **No aerosol sprays of any kind**
- Hairstyling tools (please keep to a minimum of a hair dryer and one tool, e.g. curling iron or straightener)

**Crossroads expects residents to dress comfortably, casually, and always cover themselves appropriately.**

### **Additional Notes:**

- Clients are expected to be fully clothed/covered when sleeping in their beds.
- Clients are expected to wear clothing that is comfortable, moderately loose and covers appropriately. If your clothing is deemed inappropriate it will be placed in lock up.
- Undergarments must be worn at all times (this includes both bras and underwear).
- All clients are expected to shower once they arrive and at least once every other day while here.
- MP3 players with headphones are allowed (cannot have Wi-Fi capabilities, voice recording, or a camera).
- Appropriate reading material, adult color books and colored pencils are allowed. **No markers or gel pens allowed.**
- Bring enough toiletries to last at least one month.
- Hygiene items containing alcohol or aerosols will not be permitted.
- Some items are permitted by “check-out” only: Razors, for example.
- Clients shall bring a doctor’s release if they are receiving treatment for a serious medical condition.
- If you take prescription medication(s), be sure to bring a full 30-day supply for your stay in treatment, in the original bottle. If you take over the counter medications, they must be in the original sealed bottle. (***Some over-the-counter medications are provided***)
- If you require the use of medical equipment or supplies, such as a cpap, nebulizer, walker, cane, incontinence supplies, etc., please bring these supplies with you.

### **Please Do Not Bring:**

- Cigarettes, vape devices, chew, lighters, or any drug and alcohol paraphernalia.
- Revealing Clothing:
  - **NO** tank tops or camisoles (this includes men and women) unless worn as an under garment
  - **NO** crop tops (shirts **MUST** cover midsection completely)
  - **NO** miniskirts/dresses (length must be at knees or longer)
  - **NO** shorter length shorts (shorts must be knee length)
  - **NO** low-cut tops showing **any** cleavage
  - **NO** tight clothing
  - **NO** clothing where undergarments are consistently visible (pants sagging below waist, etc.)
- Clothing that references sex, drugs and violence, or bandanas.
- Towels, washcloths, and bedding (these items will be provided to all residents).
- Stuffed animals.
- Perfume/cologne.
- Markers/gel pens.

**Note:** To make sure you do not run out of medication, call your provider, and ask for refills to be sent to Hometown Pharmacy in Roseburg (541-229-1112). Hometown Pharmacy’s address is 1813 E. Harvard Blvd., Suite 210 Roseburg, OR 97471. Once clients check into treatment, they may not see a provider for up to one week, so we encourage clients to take care of this ahead of time.