

# Preparing for Your Stay

## La Ventana Treatment Programs

### Safe to Bring

- Personal documents
  - ID card
  - Insurance card
- Previous treatment records
  - List of current providers and their phone numbers
- Prescription medication, vitamins
  - List of current meds, including OTC
  
- Comfortable clothing & shoes, limited to one medium suitcase
  - 1 week of undergarments (all clients MUST wear undergarments)
  - 6 pairs pants
  - 6 shirts, 2 sweatshirts
  - 2 pairs shorts (no short shorts allowed)
  - 3 dresses/skirts (knee-length or longer)
  - 1 jacket
  - 2 pajamas
  - Bathrobe
  - 3-5 pairs shoes (ie., slippers, sneakers, hiking boots)
  
- Toiletries, personal hygiene & grooming supplies:
  - Hair brush, hair accessories, toothbrush, toothpaste, lotion, deodorant, shampoo, body soap, pouf, hair dryer/curling iron, shaving razor\* (secured when not in use)
  
- iPod/MP3 player for music  
*No recording/wifi/camera capability*
- Family/friend pictures
- Notebook/Journal
- Stationery and stamps for letter writing
- Personal interest items:
  - Hobby, crafts
  - Books, crosswords, Sudoku
  - Drawing tools
  - Musical instruments
- Phone, charger, headphones  
*First 72 hours is a blackout period; phones are stored in a secure location*  
*Use per clinical discretion*

### Dress Code:

- x **No** provocative/revealing clothing
- x **No** depictions of drug/alcohol, sexual, racial, gang-related or political/controversial messaging
- x **No** drawstrings

### Leave at home

- x Weapons
- x Self-prescribed medications

### We Provide

- ✓ Blankets
- ✓ Pillows
- ✓ Comforters
- ✓ Towels
- ✓ Washer/Dryer, Detergent
- ✓ Writing materials

### Client must supply their own

- OTC medications, ie. Tylenol, aspirin, **ALCOHOL-FREE** cough medicine, etc.
- Hygiene products, ie. Tampons
- Cigarettes
- Once admitted LV staff will purchase cigarettes for them one day per week. Staff will not purchase any cigarettes or vape products to any client under the age of 21.
- Cash, debit, credit card for incidentals (no more than \$200 cash)