

What to Bring

What to bring with you on admission:

- Comfortable, suitable clothing for the duration of your stay. Women's clothing must not be skimpy, revealing, etc. A modest bathing costume for summer.
- Towels and toiletries.
- An extra blanket during winter or a fan during the summer.
- All prescription medication and a copy of your prescription if a refill is needed.
- Contact details for treating physician, psychiatrist and/or therapist.
- Medical history if pertinent to rehab admission.
- Books, magazines and other reading material. You may use a Kindle or E-Reader.
- Personal music player with headphones. These are available for use after hours.
- A lock for your bedroom cupboard if you wish to lock away your belongings.
- Cigarettes (these can also be arranged through the cafe)
- Cash for the coffee shop which sells coffees, cold drinks, snacks, etc.
- Patient management fee (Programme dependant).

Guidelines & rules during the first seven days:

- If you admitted for detox and treatment you will not have access to your phone and laptop for the first seven days of admission*.
 - This allows time for you to settle into the programme, complete your initial detox and become familiar with the routine and structure of the clinic.
- *Clients that have transferred from another treatment facility (e.g. Akeso) will have phone, laptop and tablet access, and visiting from the beginning of their admission.
- Child calls are permitted during the initial seven-day period. These are normally made in the evenings on Monday, Wednesday and Friday or by special arrangement.

- Phones, tablets, laptops, etc will be locked in a safe and clients will be given access to these from 12:30 - 1:30pm during weekdays (after the initial seven days).
 - No devices are available over the weekend except by prior arrangement and only for professional purposes.
 - Special arrangements can be made for clients who are self-employed or need access to email, etc in order to conduct business. These times are restricted and arrangements need to be made on admission.
- Visitors are welcome after seven days as follows:
 - Wednesday 3:00 - 4:00pm (followed by family support group 4:00 - 6:00pm)
 - Saturday and Sunday 1:30 - 4:30pm
- Family members and support are welcome to call the clinic during the first seven days to check on client's progress (as long as we have permission to communicate with these individuals).

There are strict rules about the use of substances on the clinic property and clients may not use any banned substances for the duration of their treatment.

Clients may not drink energy drinks during the treatment programme.

Clients may not engage in intimate relationships with any other person in the clinic.

Violence, aggression and any bigoted/hate speech or behaviour will not be tolerated.

Any infringement of the rules will result in a 72-hour suspension on a first offense, 7 days on a second offense and programme termination thereafter.

Admission paperwork needs to be completed in person on the day of admission.

Administrative staff will assist with assist with medical aid authorisations.

- Medical aid authorisation can be completed prior to admission.
- Financial arrangements will be discussed prior to admission.

If you need any further assistance, please feel free to call us with your questions on (010)900-3131.