

Do Bring:

- Clothing – 5 days for Detox, 7 days for Detox and residential, or just residential. Laundry is available.
- Hygiene & Toiletries – Hygiene and toiletry products (alcohol-free). Shower shoes, electric shavers, blow dryers, laundry soap (unopened), and dryer sheets.
- Electronics – Alarm / clock radios only.
- Insurance & ID Card – Insurance card if your insurance is paying for your stay. Proper identification is required.
- Proof of residency is required for admissions through PACE (Oakland County) or Macomb CMH (Macomb County).
- Prescription medication – Supply for length of stay, both labeled and dated.
- Cigarettes – Factory-pack ed cigarettes sealed and in cellophane. Electronic cigarettes and nicotine patches.
- Food and Drink – Unopened, non-caffeinated beverages are permitted (no glass containers). Food items, including microwable, must be pre-packaged / sealed with expiration date. Please call for specifics. Fruits and vegetables are the only non-perishable food items permitted and must come pre-packaged. Decaf coffee in residential only.
- Bring envelopes, writing paper, and stamps.
- Bring enough money to pay your insurance co-pay, collected upon admission.

Please note that Meridian Health Services reserves the right to restrict any item, even if not listed, that has the potential to pose a threat to the safety of patients or staff, or any item that may compromise the integrity or wholesomeness of the program or recovery environment.

Do NOT Bring:

- Clothing – cut-offs, tank tops, tight clothing, clothing branded for tobacco, alcohol and/or other drugs, inappropriate language or sexually suggestive material.
- No glass or aerosol containers
- No curling irons or hair straighteners
- Electronics – Do not bring iPads, iPods, cell phones, Nooks, Kindles, or any other valuable electronics.
- No batteries or battery-operated devices are allowed on the units.
- No narcotics or any other controlled substances, or paraphernalia.
- Tobacco – No chewing tobaccos, loose tobacco, snuff or rolled cigarettes. Vaporizers are not permitted.
- Food/Drink – No perishable food items. No glass containers, chocolate, food or drinks with caffeine, or gum.
- No valuables including rings, watches, jewelry, wallets, debit/credit cards, etc. We are not responsible for any lost or stolen items.
- Do not bring more cash than co-pay and an additional \$50.00.

RECOVERY STARTS HERE