

Do Bring:

- Clothing – 5 days for Detox, 7 days for Detox and residential, or just residential. Laundry is available and free to use.
- Hygiene & Toiletries – Hygiene and toiletry products (alcohol-free, no glass containers, no aerosol containers). Shower shoes, electric shavers and blow dryers.
- 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 Macomb CMH (Macomb County).
- Prescription medication – Supply for length of stay, both labeled and dated.
- Cigarettes – Factory-packed 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 microwavable, must be pre-packaged / sealed with expiration date. Please call for specifics.
- Bring envelopes, writing paper, and stamps.

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 and Drink – No perishable food items. No glass containers, no chocolate, no caffeine, or no gum.
- No valuables including rings, watches, and jewelry. We are not responsible for any lost or stolen items.

RECOVERY STARTS HERE