

# AMERICAN

## BEHAVIORAL HEALTH SYSTEMS

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### Client Personal Items List

The following is a list of recommended personal items that all new clients should consider bringing with them to treatment. Although none are required, all items in *italics* may make the new client feel more comfortable and at home. Please, NO pornographic materials of any sort. Any garments with alcohol or drug related advertising are strictly forbidden.

1. Good attitude and willingness to change
2. All hair care products – bottles must be clear (alcohol free and no aerosol cans)
3. Personal hygiene products – containers must be clear (i.e. deodorant, toothpaste, no aerosol cans)
4. Mouthwash – bottles must be clear (alcohol free only)
5. Sleepwear (non-revealing)
6. Robe and slippers
7. Shower socks/shoes
8. Personal bath towels and wash cloths
9. Favorite blanket or comforter (no electric blankets)
10. Favorite pillow (1)
11. 5-7 days of clothing (nothing tight or revealing)
12. Inexpensive garments that can be laundered (dry cleaning is not available)
13. Tablets, spiral notebooks or 3-ring binder for personal use (no electronic tablets)
14. Stamps, envelopes, stationary or a notebook
15. Roll of quarters for payphones and vending machines
16. Prepaid payphone calling card (found at most convenience stores)
17. Alarm clock (no radio)
18. Cigarettes/Tobacco
19. Clear plastic water bottles only
20. Medications (If possible please make sure medications are put in “bubble packs”) Also, all medications (i.e. prescribed medications and over the counter drugs, vitamins, creams) must have a written prescription.

### Items not to bring

1. NO alcohol or illegal drugs
2. NO drugs or drug paraphernalia
3. NO over the counter medication or vitamins (unless you have a prescription)
4. NO Perfumes or Colognes
5. NO weapons or tools
6. NO electronic devices (i.e. TV's, radios, computers/laptops/ cell phones/ cameras or recording devices, CD or MP3 players)
7. NO electronic cigarettes
8. NO cars or vehicles
9. NO caffeinated products or energy drinks
10. NO aerosol sprays/cans
11. NO pornography
12. NO fingernail polish or remover
13. NO white out or paint
14. NO expensive jewelry
15. NO Q-tips or swabs
16. NO bandanas
17. NO tampons
18. NO outside food or beverages
19. Most of all NO BAD Attitude