



Admission Checklist

What to Bring

1. Legal Photo ID: driver's license, State ID, or passport (only one)
2. Insurance cards: medical and prescription
3. If Diabetic, HIV +, bring at least 30 days of supplies/medication.
4. Cell phone. This will be made available for use 7 days after arrival to the facility
5. Clothes and Hygiene Items – comfortable, not revealing, provocative or referencing drugs/alcohol or anything that could potentially be offensive.
 - a. 5 -7 shirts
 - b. 5-7 bottoms (shorts, pants)
 - c. Underwear, bras and socks (at least one week worth)
 - d. Swimsuit (one piece for woman or swim trunks for men) Two-piece Swimsuits are not allowed. Pool/Beach towel (Needed for April – October)
 - e. 3 sets of gym clothes
 - f. Limit 3 - Shoes (tennis shoes are best)
 - g. Shower Shoes
 - h. Coat
 - i. Deodorant, Shampoo, Conditioner, Hair products, body wash, toothbrush, Toothpaste, perfume/cologne (may not have alcohol in the first 3 ingredients or be in glass containers)
 - j. Plastic Hangers
 - k. Hair dryer, curling iron or flat iron
 - l. Razors or Clippers
 - m. Laundry Soap
 - n. Dryer Sheets, Softener
6. Additional Items allowed -
 - a. Tobacco products – all tobacco products must be in closed and sealed containers. We do not sell tobacco products at the facility.
 - b. Clock Radio
 - c. iPod/MP3 player (must not have access to the internet)
 - d. Books
 - e. Personal photos (cannot be in glass frames)
 - f. Envelopes
 - g. Postage
 - h. Personal spending money – it is recommended that you bring no more than \$100 to the facility. **We are NOT responsible for any stolen or lost items.** Our StarMart, vending machines, and outside store runs accept debit/credit cards.

- i. Guitar – only the instrument, no amps etc.
 - j. Small amount of non-perishable food (must be pre-packaged and unopened)
 - k. Small amount of drinks, ex. Water, soda, juice (no cans or glass bottles, must be unopened)
7. Optional Items – Items on this list are provided, however you are welcome to bring your own.
- a. Blankets, Sheets and Pillow (twin size bed)
 - b. Towels and washcloths
 - c. Hand Soap

Dress Code

Determination of inappropriate attire begins at admission and is non-negotiable. The goal of the dress code is to promote modesty and help patients stay focused on treatment goals.

NOT PERMITTED:

- Tight or transparent clothing.
- No low-cut clothing: No V-Neck or similar that reveals cleavage, spaghetti straps or strapless tops, crop tops, etc. and are not permitted.
- Undergarments need to be worn at all times & **MUST NOT BE VISIBLE**, this includes sports bras when exercising or in the gym.
- All shirts must completely cover the front and back of the body for both males and females. Bare midriffs are not acceptable.
- No shorts, skirts, or dresses shorter than 3 inches from the knee. No cut offs or short shorts.
- Baggy pants must be worn with a belt at the waist. Jeans and Pants should be in good repair. Holes that are revealing are not acceptable.
- Pants must be pulled up and not sag as to reveal undergarments while in treatment.
- T-shirts, hats, sweatpants, shirts, emblems, decorations and other clothing items that reference or depict alcohol, drugs, sex, violence, gambling or inappropriate musical bands are not allowed.
- Tattoos with reference to alcohol, drugs, sex, gambling and violence must be appropriately covered.
- All Bandanas are not permitted.
- Flat soled or tennis shoes are recommended, high heels over 2" are not permitted.
- Sunglasses or sweatshirts with hoods up are not permitted indoors.
- Sleep wear may only be worn in the client's room.
- Shoes must be worn outside your room. Bare feet are not permitted.

Any other item of clothing deemed inappropriate by the Clinical Staff/Administration

Prohibited Items

The items below are not allowed on Starlite Property at any time. Should you arrive to the facility with any of the items below, they will be taken and stored in the safe/disposed of (if illegal) or in the shed with your luggage. Any legal items will be returned to you at discharge with the exception of firearms (please see the Business Office for the process of receiving your firearm).

- Alcoholic beverages, illicit drugs or drug paraphernalia.
- Personal or toiletry items with alcohol listed in the first 3 ingredients; Examples: mouthwash, hair spray perfumes, colognes, body sprays and aftershaves with alcohol (balm or lotion preferred)
- Diffusers
- Keys
- Aerosol Cans
- Heating Pads/Electric Blankets
- Nail polish or Nail Polish Remover, Hair Dye / Hair coloring of any kind, Nail Glue
- Permanent Markers of any kind
- Cans, metal containers, glass bottles, glass containers, anything made of glass (including picture frames)
- Over the counter medications must be approved by our medical staff, this includes nutritional supplements. No protein-powder. Please bring protein bars in substitute while here.
- Sexually explicit materials
- Large amounts of jewelry
- Open packs of cigarettes, open cans of snuff/chewing tobacco, open containers of vape juice, open e-cigarette cartridges, or self-rolled tobacco products
- Wire hangers
- Music Instruments or equipment other than acoustic guitars.
- Occult or gang related items
- Sharp objects including knives, loose razor blades, scissors.
- Perishable foods or anything requiring refrigeration
- Energy Drinks/Bars
- Televisions, DVD players, and laptops
- Client animals are **NOT** allowed on campus at any time without prior approval. The only exception are service animals with proper paperwork.
- Weapons of any type on your person or in your vehicle

Update: 03/15/2020: Currently ALL visitation on Starlite's Campus has been suspended due to COVID-19 – we will communicate when visitation is allowed.

Visitation - All clients are allowed to receive visitors ***on the first Saturday/Sunday following their first seven days in treatment, any exceptions must be approved by counseling.*** This 7-day waiting period is to allow clients to complete detox and become acclimated to the treatment process. Families are an important part of your recovery and are encouraged to visit.

You should give visitor information to your counselor at your first session. In order to be allowed on the Starlite property, the names of any visitor must be on the visitor list you provide

to your counselor. Anyone trying to visit a client that is not listed on the visitor list will not be allowed on the facility grounds. This is to protect you and other clients. We reserve the right to search personal belongings and visitor vehicles when concerned about contraband. Anyone refusing the search will be asked to leave the property.

- Visitation for Women is Saturdays from 2-6PM and for Men is Sundays from 2:00pm to 6:00pm.
- Upon arrival, visitors are screened at the gate to ensure they are on the list.
- Visitors are to proceed to the café where they will sign in.
- **All packages brought in must be checked in with the BHA supervising visitation.** Items brought should fit in **ONE** paper grocery bag – Plastic bags are not allowed.
- Maximum of 4 visitors allowed per client.
- Only children within the nuclear family allowed. Minor children must be supervised by an adult.
- Any visitor presenting under the influence or in possession of mood-altering chemicals will be asked to leave the premises and could be prosecuted.
- **Visitors are not allowed in any residential buildings, main, detox or Cantwell and clients aren't permitted in/at visitor vehicles.**
- Visitors must leave cell phones and backpacks, and purses in their cars. If visitors do not comply, they will be escorted to their vehicle and out of the gate off the premises.
- Pets are not permitted on the premises at any time.
- Clients are not allowed to leave the property during visitation.
- No former clients that have discharged in the past 30 days can visit current clients.

Any Violation of the Visitor Rules could Result in further the prohibition of visits with that family member and /or the visitor not being allowed on Starlite Property.

Update: 03/15/2020: In person Family Program on Starlite's campus is currently unavailable due to COVID-19. We are offering our Family Program via the ZOOM TeleHealth platform (HIPAA compliant version)

FAMILY PROGRAM

Starlite's Family Program is a 2-day program (Friday and Saturday) and is included in the fees for our treatment program.

Typically, you and your family will participate in our Family Program during your second or third week in treatment. Your Counselor will coordinate efforts with the Family Program Counselor to arrange for participation.

Addiction does not occur in isolation. Most addicts/alcoholics have an “enabler” who intentionally or unintentionally allows the substance abuser to continue using. The enabler does such things as provides money, performs extra responsibilities, and covers up for the addict, which supports the addicted individuals continued use. As time goes by, the family member becomes increasingly angry and resentful towards the individual. The family member then directs his/her anger towards the addict. In response to the anger, the addict turns to his/her drug(s) of choice for relief. This is an addictive family pattern.

If the family does not recognize and work towards changing such a pattern, the tendency is for the pattern to be reinstated upon the individual’s return home. Even though all desperately want things to change; often the pervasive nature of the pattern wins out. For change to occur, the family and the individual have to recognize the problem and be willing to put forth **equal amounts** of energy to make things different. The individual cannot do this alone nor can any one family member. If only one party is willing to do the work, often what happens is that the recovering individual returns to drug/alcohol use or the relationship ends.

To provide the best opportunity for change, it is important that family members and/or significant others participate in the family program. The program provides family members with education about dysfunctional family patterns and the disease process of addiction. You and our loved ones will also receive instruction as to strategies for change.

Let us join in giving our families an optimum chance with this new beginning.