



## BOXWOOD TREATMENT CENTER

### What to Expect

Boxwood Treatment Center is a 28-day residential substance use disorder treatment program. Clients can expect to participate in at least 6-8 groups a day, 7 days a week. Boxwood uses an interactive journaling foundational curriculum and provides weekly group and individual therapy. Recovery support groups are held daily (AA/NA, MARA, SMART Recovery, and Celebrate Recovery). Full participation in all groups and activities is mandatory. Clients are not permitted to drive themselves to treatment.

Boxwood is a non-smoking facility; any clients who use tobacco or nicotine products should bring nicotine patches for their stay.

### What to Bring for Your Stay

For your convenience, please use this checklist as you prepare for your stay at our facility. Please bring only items identified on the list below.

#### Required items for treatment:

- ❖ Bring a 28-day supply of all of your prescription medications with you to Boxwood.
- ❖ All medications must be in their original containers, no pill calendar boxes.
- ❖ Bring equipment you need for conditions like diabetes or asthma.
- ❖ Bring enough clothing and personal hygiene items for duration of treatment, limit to one large suitcase.

All linens (sheets, blankets, towels, and washcloths) are provided by the facility.

All residents clothing is taken to the local laundromat twice a week (Sunday/Wednesday). There is no cost for laundry service.

- ❖ Please have a week's worth of seasonally appropriate clothing and plan to switch out clothing as the weather changes.
- ❖ As a prevention measure, we treat all clothes by drying them on 'Hot' in a clothes dryer. Other items may be heat treated with a steamer. Do not bring anything which cannot be dried on Hot in the drier. Do not bring other items which might be damaged if heat treated with a steamer.

Please see back of sheet for a list of allowable and prohibited items.

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Allowable Items	Prohibited items
<ul style="list-style-type: none"> <li>• Alarm clocks (without radios)</li> <li>• Aerosol containers (Locker item)</li> <li>• Any product containing alcohol in the first 3 ingredients (Locker item)</li> <li>• Perfume/cologne (Locker item)</li> <li>• Facewash</li> <li>• Baby powder</li> <li>• Lotion</li> <li>• Baby oil</li> <li>• Alcohol free deodorant</li> <li>• Alcohol free mouthwash</li> <li>• Combs</li> <li>• Denture cleaner</li> <li>• Douches</li> <li>• Electric razor (Locker item)</li> <li>• Hair clippers (Locker item)</li> <li>• Nail clippers (Locker item)</li> <li>• Safety/disposable razors (Locker item)</li> <li>• Shower Shoes</li> <li>• Sunscreen</li> <li>• Toothpaste</li> <li>• Tweezers (Locker item)</li> <li>• Non-smart watch</li> <li>• Over the counter meds (must be sealed)</li> <li>• Personal music device with <u>wired</u> headphones (cannot have Wi-Fi/cellular capabilities)</li> </ul>	<ul style="list-style-type: none"> <li>• Tobacco and nicotine products (including vapes and e-cigarettes)- nicotine patches are allowed and recommended</li> <li>• Bath salts (synthetic stimulants)</li> <li>• Aftershave</li> <li>• Binoculars</li> <li>• Food/sodas/drinks/candy/gum</li> <li>• Wireless headphones/ear buds</li> <li>• Cell phones/pagers/smart watches/cameras</li> <li>• Computers/laptop/tablet/electronic games</li> <li>• Irons</li> <li>• Hair dye/coloring/chemical treatments</li> <li>• Lighters/matches/candles</li> <li>• Clothes with sexual or offensive pictures/graphics/slogans</li> <li>• Clothes with drug or alcohol slogans</li> <li>• Weapons (guns, knives, pepper spray, etc.)</li> <li>• Coolers</li> <li>• Sharp objects (scissors, straight razors, etc.)</li> <li>• Sexually explicit books or pictures</li> <li>• Weightlifting equipment</li> <li>• Fingernail polish and remover</li> <li>• Tattoo/piercing tools</li> <li>• Liquid ink</li> </ul>