



Stepping Stone *to Recovery*

We're so glad that you made the difficult but life-altering decision to come to treatment. We are honored to be your stepping stone to recovery. To help you better prepare for your stay, we want to provide you with information you will need prior to admission. Stepping Stone to Recovery is our female detox and residential facility. You will arrive at **4726 Airport Highway Louisville, TN 37777** to complete your intake.

When you arrive, you will be asked for your insurance card, ID, and prescription card. Staff will also ask for your medications, so it may help if you have them together in a separate bag. Your luggage will need to be searched and processed, so staff will ask you to get together some overnight items you may need until your luggage is returned to you: pajamas, toiletries, tobacco, wallet, and anything valuable should go in your overnight bag. Valuables will be placed in an individual locker for you.

What documents do I need?

Your insurance card, prescription card, and valid photo ID, either a driver's license, state ID, or passport. Stepping Stone will need a copy of these upon arrival.

Can I bring medications?

Bring a 30-day supply of all medications currently prescribed and any over-the-counter medicines you are currently taking. All prescriptions must be in their original pharmacy bottles, and all medications will be turned over to nursing staff for evaluation and dispensation. No narcotic medication is allowed, even if it is prescribed by a doctor.

How do I pack and what clothing should I bring?

Because of limited space, we ask that patients bring no more than two normal-sized pieces of luggage (clothing for approximately 1 week). Washers and dryers are available to patients free of charge. Detergent is also provided. If you have sensitive skin, you may bring your own preferred brand of detergent.

Comfortable clothing and casual shoes for everyday wear (T-shirts, jeans, sweats, khakis, etc.), and a set of loose-fitting and comfortable athletic apparel/ gym clothing for fitness activities. Each item of clothing will be inspected for appropriateness by Stepping Stone staff; items that advertise alcohol, reference drugs, or make sexual

innuendos will not be allowed. Avoid excessively bare clothing, including crops tops, shirts that expose your midriff, and short shorts. Sleeveless shirts and tank tops are acceptable if they are covered by a sweater or cardigan or worn over another garment of clothing that covers the shoulders.

Can I smoke?

Stepping Stone permits the use of tobacco in designated areas outside of the building; you must bring your own cigarettes/snuff. Vapes are allowed only if they are pre-filled and in a sealed cartridge (i.e. Juul). Refillable vapes or vape juice are not allowed.

Do I need money?

You may need cash for the vending machine (which accepts \$1 and \$5 bills as well as debit cards) as well as cash for tobacco runs.

Can I have my cell phone?

Your cell phone will be placed in a locker along with any other valuable items you may have. You will not have access to your cellphone while in treatment. You may want to compile a contact list with phone numbers of the people with whom you want involved in your treatment (loved ones, healthcare professionals, sponsors, etc.). Following detox and/or observation, you will be given time each evening to make phone calls.

What else should I bring?

Please bring your regular toiletries, including a toothbrush, toothpaste, alcohol-free mouthwash, deodorant, shampoo, conditioner, and soap. Razors, and hair dryers are allowed. You may also want to bring a pillow, should you so desire (linens and towels will be provided). Clock radios (that do not include a CD or tape player) are permitted as well. You may also want to bring a backpack or book bag to carry books and personal belongings while on campus, a notebook and writing implements for taking notes and/or personal reflection, stamps and envelopes to write letters, reading material (spiritual or recovery-related), and family photographs.

What should I NOT bring?

- Limit jewelry to what you wear daily and leave valuables at home.
- Cologne or perfume
- Aerosol cans (hair spray in a pump container is allowed)

- Mouthwash that contains alcohol; any products containing alcohol as one of the top five ingredients (allowable forms include those found in conditioners, deodorants, and lotions)
- Any items that do not show proof of content on the label
- Reading material that is not spiritual or recovery-related in nature
- Condoms, sexual devices, or enhancement medications
- Inappropriate pictures or pornography
- Drugs, alcohol, or paraphernalia
- Electronic devices such as laptops, tablet computers, cell phones/smart phones, mp3 players, gaming devices, cameras, etc.
- Weapons of any kind
- Refillable vapes or vape juice

Please be aware that Stepping Stone is not liable for any lost, broken or stolen items.