



# Great Oaks

## RECOVERY CENTER

### Frequently Asked Questions

In order for you to be prepared and know what to expect, we have answered the most common questions below. Should you have any additional questions or concerns, feel free to contact staff at any time by calling (855) 699-6257.

#### **What to Bring**

Determination of inappropriate attire is done upon admission and is not negotiable. Inappropriate clothing will be placed back in your luggage and returned at time of discharge.

- Dress should be casual and in good taste. Any clothing that depicts alcohol, drugs, sex, violence, gambling, musical groups (or any clothing deemed inappropriate by staff) is not allowed.
- Appropriate attire includes jeans, casual slacks, sport shirts, skirts and dresses that are knee-length or longer, jogging suits, sweat shirts, sweat pants, and appropriate-length shorts such as Bermuda/walking shorts (covering 3/4 of the thigh).
- Open shirts, swimwear, tank tops, etc. are allowed only for recreational and fitness activities and are considered inappropriate for therapy, meals, or meetings. Please do not bring form-fitting clothing, including leggings, tights, or tight pants. No biking or running shorts. No low-cut tops or blouses with spaghetti straps. Bare midriffs are not acceptable.
- Jeans must be clean and neat. Clothing must not have suggestive tears or cutouts.
- Please bring a supply of toiletries to last your entire stay, as opportunities to purchase while in treatment are limited and may vary.
- Swimsuits for women must be one-piece, with shoulder straps, without revealing tops or high-cut legs. Swimsuits for men must be the boxer-type.
- Undergarments are required for all clients, (i.e., bras, underwear, and athletic supporters), as indicated. A sports bra may be worn as an undergarment when exercising in the gym. Undergarments are not to be visible.
- It is recommended to bring a lightweight jacket and/or sweaters for cooler evenings year round. A heavier coat or jacket is recommended for winter months.
- We recommend that you bring a limited amount of clothing (7-10 days' worth of clothing). Laundry facilities, including supplies, are available for client use. Irons and ironing boards are accessible, but we suggest that wash-and-wear clothing will be more convenient. Dry cleaning services are not available.



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### Frequently Asked Questions, cont'd:

- Flat-soled or tennis shoes are recommended. No high heels over 2" are permitted. Shoes or slippers must be worn outside your room. Bare feet are not permitted, except in the pool area.
- Electric and disposable razors are the only types of razors allowed.
- Bring your insurance card(s), driver's license or other form of picture ID.
- Bring your living will or healthcare Power of Attorney if applicable.
- Bring all prescription medications you are currently taking (in their original container. If not available, bring a detailed list of all medications you are currently taking. Include the name of medication, the dosage and frequency administered, name of physician who prescribed the medication, and the reason for the medication.

Suggested additional clothing for recreational and therapeutic activities include the following:

- Sunglasses and hat or visor. (Sunglasses are not permitted indoors.)

Reading material is limited to recovery-related topics. All books are subject to review by the client's primary therapist.

Any electrical items, such as hair dryers, curling irons, or electric shavers will be inspected/tested for safety.

It is recommended that you lock up any valuables not in your immediate possession. A safe is provided for this purpose. Great Oaks Recovery Center staff cannot be responsible for your valuables.

### **What To Leave At Home**

Upon admission, our staff will examine you and search your belongings. Please do not bring the following:

- Non-prescription medications, vitamins, herbs, or nutritional supplements.
- Excessive or expensive jewelry.
- Electronic equipment, including radios, CD players/tape recorders, tapes/CDs, any type of portable media players, laptops, electronic address books, audio/video equipment, TVs, or cameras.



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### Frequently Asked Questions, cont'd:

- Cell phones and personal music players (iPods/MP3 players/CD players, etc.) that are brought to the facility will be secured upon admissions, and “checked out” during scheduled times with staff approval.
- Exercise equipment.
- Craft materials.
- Musical instruments.
- Irons.
- Reading material not related to recovery. Novels, magazines, or publications may not be brought in. Books relevant to treatment will be assessed upon arrival.
- Stuffed animals.
- Shoe polish, soap, detergent, or bleach.
- Glass items.
- Straight razors, razorblades, pocketknives, knitting needles, crochet hooks, or metal hairpieces.
- Aerosol products, including deodorant and hairspray.
- Products containing alcohol (i.e., mouthwash, aftershave, facial toner, perfume, perfumed lotions, etc.).
- Food.
- Opened packs of cigarettes and/or chewing tobacco.
- Electronic cigarettes/vaporizers.
- Illegal substances or mood-altering drugs.
- Firearms and/or supplies.

### **Client Dress Code**

Determination of inappropriate attire is done at admission and is not negotiable. The goal of the dress code is to promote modesty and help clients stay focused on treatment goals. Therefore, clothing that is deemed to be too tight, too revealing, or transparent will not be permitted.

- Tank tops are not permitted outside of the pool and gym area.
- Leggings, tights, and tight pants are not permitted.
- Low-cut tops and tight clothing are not permitted.
- Spaghetti straps are not permitted.
- Undergarments must be worn; a sports bra may be worn as an undergarment and when exercising in the gym.
- Undergarments are not to be visible.
- Bare midriffs are not acceptable.
- Shorts and skirts must cover 3/4 of the thigh for females and males.



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### Frequently Asked Questions, cont'd:

- Jeans that are clean and neat are permitted.
- Sweatshirts and sweat pants are permitted without reference to alcohol, sex, or violence.
- Flat-soled or tennis shoes are recommended. Shoes must be worn outside your room. Bare feet are not permitted except in the pool area.
- High heels over 2" are not permitted.
- Swimsuits for women must be one-piece, shoulder-strapped, without revealing tops or high-cut legs. Swimsuits for men are to be the boxer-type.
- T-shirts, hats, sweat pants, shirts, and other clothing that depicts alcohol, drugs, sex, violence, gambling, or musical bands are not permitted.
- Sunglasses or hooded sweatshirts are not permitted indoors.

### **Medication**

It is important that you advise your Intake coordinator of all medications you are currently taking. Include the name of the medication, the dosage and frequency administered, as well as the name of the physician who prescribed the medication. Each client's medical provider will manage medication through Great Oaks Recovery Center's pharmacy supply. Please do not bring non-prescription medications, vitamins, herbs, or nutritional supplements.

### **Money**

We suggest that you bring approximately \$100 for spending money. Opportunities for the purchase of toiletries, greeting cards, etc. are made available on a limited basis; therefore please bring a supply of toiletries to last your entire stay.

Limit of Cash: Cash stored in safe bag is limited to \$100 per client. Funds exceeding this amount will be applied to the client account as payment or refunded following discharge.

### **Tobacco Use**

The policy of Great Oaks Recovery Center is not to deny a client's entry into treatment because of the use of nicotine but to address this as an addictive issue. For those who do smoke, there is a designated area, outside only, where smoking is permitted.

Please bring a supply of your tobacco product to last your entire stay, as opportunities for the purchase of these items are limited.



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Frequently Asked Questions, cont'd:

### **Visitors**

Clients may have visitation on Sundays and designated holidays after they have met with their primary therapist and appropriate visitors have been authorized. Visitors are required to check in at the main reception desk upon arrival and must follow the guidelines for appropriate attire. Guests are asked to not bring any food, candy, soda, gifts, magazines, etc. to any client, and all packages will be checked. In order to ensure confidentiality, cameras and picture taking are not permitted on the grounds of Great Oaks Recovery Center. Visiting hours on Sundays are from 1:00 to 5:00 p.m.

### **Telephone and Mail**

In order to ensure a therapeutic milieu, clients are encouraged to make phone calls only after the first 3 days of treatment, unless otherwise indicated by members of the treatment team. Upon admission, clients are allowed to call (with staff) a family member/significant other to inform of their safe arrival. Telephones in the buildings are activated for long distance by calling card or collect. The phones are made available during certain hours each day so that their use does not disrupt daily programming.

Mail may be sent to the following address:

Client's Identification number  
c/o Great Oaks Recovery Center  
11210 FM 120 Box 249  
Egypt, Texas 77436

No mail order packages will be delivered to clients while they are in treatment unless authorized by their treatment team.