

What to Bring

Please follow this list carefully. Due to space limitations, additional items are not allowed.

Suitcase, wallets, purses and all other belongings will be searched upon arrival for treatment.

4-5 Pants*



This includes jeans, slacks, skirts, yoga and sweat pants. **Very revealing clothing items, such as mini-skirts, are not allowed.*

6 Shirts*



This includes t-shirts, sweaters, button-up shirts, hoodies and sweatshirts.

**Clothing with pro-drug, alcohol, violence, gang-related or demeaning/disrespectful statements are not allowed.*

**Revealing clothing, including spaghetti-strap tank tops, are also not allowed.*

4-7 Sock Pairs



4-7 Pairs of underwear

(Women: include 3-5 bra's)



1 Bathrobe (Optional)



2 Pajama Sets/gowns



1 Slippers/Indoor-shoes

The House has an "Indoor Shoes Only" policy, so bring something clean comfortable to wear on your feet that you will designate as your "House" shoes during your stay.



1-2 Outdoor shoes

Boots during winter, plus 1 pair of tennis shoes for gym/hikes.






1 Warm Coat, 1 Hat



There will be times when you will be outside. Bring weather-appropriate coat or jacket as well as one weather-appropriate hat.

Personal Hygiene Items, 1 of each:

- Bath soap
- Comb/hairbrush 
- Hand/Body Lotion (optional)
- Razor & Shaving Cream (optional)
- Toothpaste and Toothbrush 
- Non-alcohol Mouthwash (optional)
- Shampoo & Conditioner
- Deodorant 
- Hair Spray (optional)
- Curling Iron/Hot Curlers (optional—no frayed wires allowed)
- For Women: feminine hygiene products (1 month supply)
- Perfume or cologne (optional—if you choose to bring one, this will not be allowed in bedrooms but will be kept in a locked area (due to high alcohol content) and available for use once per day.

Make-Up*

Limit make-up to the bare minimum.

1 Mascara, 1 eye-liner, 1 eyebrow liner, 1-2 lipsticks/gloss, 1 blush, 1-3 eye shadow colors, 1-2 foundation products, 1 facial wash, 1 moisturizer, and 1-2 additional products if needed. **Additional make-up items will not be allowed to be brought into treatment.*



Linens Provided - Towels and hand-towels are provided, as are sheets, pillow and blankets. If you have a special bedspread, pillow or towel you wish to bring, you may do so.



Tobacco Product -

Not allowed at Serenity House as of June 1, 2017

Laundry Soaps - Laundry machines and basic laundry soap products are made available free of charge at the House.

Spending Money - Serenity House residents may have up to \$20.00 cash on their person. Any additional money, including bank debit cards, will be kept in a locked container for safety. You may get your debit card or additional cash prior to a trip to the store.



Cell Phone - Cell Phones are turned off during the entire Serenity House stay, however you may bring your cell phone if needed in order to access contact numbers. Your phone will be kept in a safe locked area (along with your wallet and any medications you may bring).



Books - Other than a favorite religious text (Bible, Book of Mormon, Tao te Ch'ing, etc), please do not bring any books to treatment. You will be provided with ample reading materials while you are here. If you have a new blank journal that is special to you, you may bring one, as you will be doing a lot of journaling during your stay. (Simple notebook journals will be provided).



Reading Glasses or Contacts - If you wear reading glasses or wear contacts, please bring as you will be engaging with a variety of reading materials during your stay.



Ipods/Ipads/laptops, etc. - No tech/computer devices allowed during your treatment stay in order to provide you with a quiet and distraction-free healing experience.

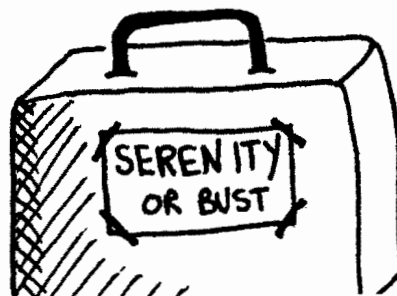


Photos/Pictures - You may bring 1-2 pictures of your children and/or a safe and supportive loved one to set or hang on your desk while in treatment, if that would be helpful to you.



Valuables - Please do not bring any valuables with you to residential treatment.

Special Foods: Delicious home-cooked meals are served three times a day at Serenity House. The kitchen is also open for snacks during various times of the day, a variety of snack foods also provided as part of your stay. If you have a special diet that will need to be accommodated (such as vegetarian), please let our staff know as soon as possible.



My To-Do List

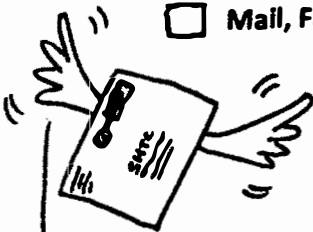
Preparing for Residential Treatment at Serenity House

- Fill out or have a close friend/family member help me fill out the Client Intake Packet Forms.**



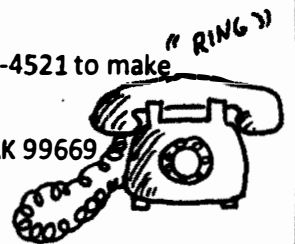
If these forms are overwhelming to me and I don't have a friend/family member here to help me, I can always call the Serenity Intake office to schedule someone to meet with me and help me fill out the forms. (907-714-4521, M-F, 9:00am-5:00pm)

- Mail, Fax, or Drop off completed Intake Packet to Serenity Intake Office.**



- If I mail or fax my packet, I need to call the Intake Office at 907-714-4521 to make sure it was received.

Serenity House Intake 245 N. Binkley St., Suite 202 Soldotna, AK 99669
Fax: 907-260-4063



- Get a Medical Physical, including TB Test (Physician Form Provided).**

I'M GLAD YOU ARE BRAVE ENOUGH TO ASK FOR HELP.

- Talk to my doctor about withdrawal symptoms I should expect or be alert for.
- Talk to my doctor about any health concerns I might be having.



- Talk to my doctor about my medications, including what to do if some of my medications aren't approved for residential treatment (such as narcotics).

- Get 30 Day Supply and/or refills on all of my approved medications, so that I don't run out while in treatment.

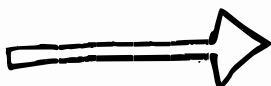
- Purchase and pack any over-the-counter medications or vitamins (Tylenol, Centrum, Omega Fish Oil, etc.) I may want while in treatment, since they must be in a **sealed unopened container** in order to be allowed in treatment.

THANKS FOR COOPERATING



- Take Care of My Legal Issues.** If I am on parole, probation, working with OCS and/or working with an attorney, I will want to make sure to call these people to make sure they know what is happening with me, how they can contact me, and whether or not I have their approval (if needed) to enter residential treatment. If I have a court date pending, I will want to make sure I write down the date and time, and let Serenity House know about it *as soon as possible* so that my attendance can be arranged.

- Get an Official Arrival Date** from the Intake Office, so that I know what day and time to arrive.



My Arrival Date _____ Time: _____

- Pack my Bags.** The "What to Bring" sheet shows me what to pack for my stay.



YOU CAN DO THIS!

- Say my goodbyes** to family, friends (and pets!), grab my suitcase, take a deep breath, and head in to the Intake Office on my scheduled Arrival Date.

