

In order for you to make the best use of your time with Sequoia, below are some things to help prepare you for admission. If you have questions or concerns, do not hesitate to reach out to our Admissions Team at (509) 418-2108.

ABOUT OUR PROGRAM

Sequoia Detox Centers specifically designed to provide medical detoxification for individuals with substance addiction. Your treatment stay will be 3-10 days (depending on your individual treatment needs). ***Sequoia Detox Centers is a Medication-Based treatment center***, meaning we will utilize a specific medication protocol (medically tested and reviewed) to help each patient overcome any symptoms of withdrawal that may be experienced.

WHAT TO EXPECT AT ADMISSION

On the day of admission, you will go through a full medical and mental health screening so that we can properly identify your needs. You should expect to see a nurse, clinical professional, and a prescriber. **The person bringing you is expected to stay until you are cleared for admission, which may take up to 1 hour.** To help the process go faster, please carefully review the list of items to bring/not bring below.

WHAT TO BRING:

Any items not included below will be sent back with the individual who brought you or **will be properly disposed of**. Your bag may contain the following items:

- Insurance cards (if paying with insurance)
- Wallet/purse
- List of any contact numbers needed during treatment
- Up to 7 outfits that are casual, comfortable, and machine washable (*Laundry service is provided*).
- Up to 12 total undergarments
- Comfortable shoes (*3 pair maximum*)
- Up to 2 sleep-wear outfits
- Up to 4 total outerwear items (*coats, hoodies, hats, etc.*)
- Up to 2 belts
- Glasses or contacts
- Books and/or journals (5 maximum, no spiral bound)
- Prescription medications, including name, dosage, and frequency of use
(**NO Narcotics, even if prescribed**)
- Make-up (**no glass or products containing alcohol**)

WHAT **NOT** TO BRING

To help the admission process move faster, please **do not** bring the items listed below. These items are prohibited at the facility:

- Inappropriate clothing (*such as short shorts, mini-skirts, see-through garments, or clothing imprinted with obscene, vulgar, or culturally insensitive drawings/pictures/statements, etc.*), any clothing with an alcohol or drug-related logo, or that is gang-related (*including bandanas*).
- Blankets, pillows, or stuffed animals
- Spiral-bound notebooks
- Personal care products such as shampoo, conditioner, styling creams, etc. (*these will be provided to you at admission*) – medically necessary products will be reviewed by the nursing staff.
- Bath products including perfume or perfumed creams and lotions, hairspray, cologne, or aftershave
- Mouthwash or any products containing alcohol
- Lip products (including Chapstick)
- Illicit substances, or paraphernalia (including marijuana products)
- Narcotics (even if prescribed)
- Sharps of any kind (including razor(s), knives, nail clippers, scissors, needles, etc.)
- Glass items
- Weapons, or items that could be used as weapons

MEDICATIONS

Please bring any medications you are currently being prescribed. Any prescriptions will be administered by nursing or pharmacy staff and stored securely while you are in treatment. Sequoia Detox Centers will supply any medication prescribed by our staff, and has the ability to fill your personal prescriptions if necessary.

ELECTRONICS

Sequoia Detox Centers does not allow patients to use mobile phones, laptops, tablets, or any other electronic devices during treatment. Patients will be able to make phone calls (if necessary, for their treatment or discharge), so we recommend you bring a printed or written list of numbers that you may need during your stay with us. Battery powered items or electronics (including e-cigarettes, laptops, tablets, etc.) will be powered off and stored in a secure locker during your stay.

SMOKING

Smoking will be allowed on the premises, in designated smoking areas only. Patients will be provided monitored smoke breaks throughout the day. **No e-cigarettes, chewing tobacco, or other tobacco products will be permitted inside Sequoia Detox Centers.**

Patients will have the opportunity to have Nicotine-replacement options prescribed and administered while in treatment (patches, gum, etc.), but will need to supply their own cigarettes. Lighters will be locked up

COST FOR SERVICES

Treatment at Sequoia Detox Centers is *not* free; and you are required to bring initial (or total) payment, and any health insurance information with you to admission.

VISITATION

Sequoia Detox Centers understand the importance of communication with family and support systems during recovery; but have found that patients are more successful in recovery when there are fewer distractions. Unless there are specific circumstances, visitations will not be allowed for patients while at Sequoia.

IF YOU CANNOT MAKE IT TO YOUR APPOINTMENT

It is very important that you keep your admission date and time. If you will be later than 30 minutes, or cannot keep your appointment, please call us at 509-478-2708 to schedule a new date and time for admission.

Admission can take a considerable amount of time depending on each patient, so it is important that Sequoia Detox Centers staff have ample time to have any necessary medications, treatment provisions, and paperwork prepared when you arrive.

More information about our services, FAQs about payment, insurance, and protections are all available 24/7 on our website: www.sequoiadetoxcenters.com.

We recommend any potential patients (and supports—family, friends, etc.) look over the information before admission.