



888-481-4481

CASA PALMERA

CasaPalmera.com

WHERE LIFE BEGINS AGAIN

Welcome to Casa Palmera!

Congratulations for taking the first courageous step in your journey of health and wellness. We are honored to guide the healing process of those we serve. We strive to enrich your life with peace, joy and balance. We are committed to restoring your sense of wellbeing and helping you achieve your goals for recovery.

When you arrive, a member of our admissions team will greet you. We conduct a full assessment to ensure our facility will meet your needs. Our nursing staff will continue the assessment process and help you unpack. Your first



days in treatment are designed to help you settle in and get oriented to our program.

Patient safety is our top priority. All personal belongings must be searched to maintain our safe environment. Please refer to our "How to Pack" list for more information. Your privacy is also a top priority. To ensure this privacy any devices with recording capabilities of any kind are not permitted. Disconnecting from your cell phone may

seem daunting, but it provides the space needed to reprioritize and get back on track.

IMPORTANT INFORMATION

- Cell phones are NOT allowed during your treatment stay.
- Computer access is allowed 72 hours after admission.
- No laptops or devices with wireless Internet access.
- Patients are eligible for visitation and phone calls 72 hours after admission.
- Laundry services are provided in-house by our staff every day, except for Tuesdays and Sundays. There is a \$50 per month charge for this service. Our staff will mark the clothes' labels with your initials.
- Casa Palmera is a caffeine-free facility.

Information for Nicotine Users (must be 21 and over):

- All nicotine products brought into the facility must be unopened and sealed in original packaging. This includes cigarettes, chewing tobacco, e-cigarettes, liquid nicotine solutions, etc. Casa Palmera will not allow any opened products to treatment. Liquid nicotine solutions must be minimized as much as possible.
- Please note that if you use any form of nicotine, you will need to bring your own supply of products to treatment. Sharing of nicotine products is not allowed.
- All nicotine users follow the same rules and are only allowed to use nicotine products at designated break times and only outside of the building in the designated smoking area.

See back side on how to pack for your stay with us...

How To Pack

The following are guidelines to assist you when packing for treatment. Please note, all items are subject to review by Casa Palmera staff. We request you read this list carefully and follow the guidelines. Any items brought that are not approved will be shipped back to the patient's home at the expense of the patient or financially responsible party.

- **Approx. 1 Week's Worth of Comfortable Clothing** (including shirts, pants, shorts, workout attire for cardio, yoga, Pilates, etc.—shorts need to be no shorter than mid-thigh for both men and women)
- **Approx. 1 week's Worth of Undergarments**
- **Pajamas/Sweats**
- **Gym Clothes**
- **Swimsuit and Sunscreen** (conservative 1-piece for women and mid-thigh length for men)
- **Sweaters, Lightweight Jacket**
- **Shoes** (1-pair athletic or other comfortable shoes such as flats, sandals, slippers—no heels please!)
- **Toiletries** must be in plastic containers (soap, shampoo, toothbrush/paste, alcohol-free mouthwash, body lotion, non-aerosol deodorant, feminine products, brush/comb, hair dryer, shaving items—electric razors only)
- **Prescription Medications** (due to laws governing prescription medications, we will send them to our pharmacy for identification and re-packaging for a nominal fee. Do not bring medication in any type of dispenser. Any medication not brought in the appropriate prescription bottles will be disposed of by the Nursing staff)
- **Alarm Clock**
- **Portable Music Player with Headphones** (iPod, MP3 player, CD player). Usage will be limited to therapeutic purposes and if it has a camera it must be disabled.
- **2 Emergency Contacts** (name, phone number, address, and email)
- **Important Phone Numbers List** (hand written, you will not have access to your cell phone)
 - Phone Calling Card (for long distance calls)
- **A maximum of \$50 in Cash**
- **Personal Identification** (driver's license, passport)
- **Insurance Card** (needed for admission)
- **Credit Card** (used for incidentals, supplements, medications, and outside medical costs)
- **If you plan on smoking**, bring enough for the entire stay in treatment

Items We Ask You NOT to Bring

The following items cannot be brought along for your stay at Casa Palmera. All items are subject to review by Casa Palmera staff.

- **Camera/Video Recorder and Media Devices** (capable of taking pictures/video)
- **Cell Phones** are not allowed during treatment (cell phone will be safely stored during your stay)
- **Laptops, Tablets and e-Readers** (iPads, Galaxy, Surface, Kindle, Nook), Netbooks, and any other personal media devices
- **Razor Blades** of any kind including disposables (electric are accepted)
- **Sharp Objects** of any kind (sewing needles, scissors, etc.)
- **Valuables** such as Jewelry (we are not responsible for lost or stolen items)
- **Food, Snacks, Gum, Mints, and Beverages** of any kind
- **Items Containing Alcohol** (mouthwash, perfume, cologne, aftershave)
- **Chemical Liquids** (nail polish, nail polish remover)
- **Non-Prescription Over-The-Counter Medication** (Advil, Tylenol, etc. including creams)
- **Radios and Music Players** (other than the small personal music devices with headphones listed under approved items to the left)
- **Alcohol and Illegal Substances**
- **Firearms, Ammunition, and Weaponry**
- **Shirts/Blouses** that have explicit messages or imagery or that are revealing (showing the midriff, low-cut tops, tube tops, spaghetti straps, form fitting attire, short shorts that are shorter than mid-thigh, 2-piece bathing suits for women, Speedos for men)
- **Dry Clean Only Clothing** (Casa Palmera provides onsite laundry service)
- **Arts and Crafts Materials**
- **Sports and Workout Equipment** (weights, ab-roller, etc.)
- **Books and Reading Materials** not related to treatment (glamour magazines, sexually explicit materials)
- **Other Items** the staff deems inappropriate during treatment

Patients Admitting for Eating Disorder Treatment

To ensure safety and wellness, patients admitted with an eating disorder will be under bathroom supervision. This means the bathroom will be locked (until determined by staff that it is safe and appropriate to unlock). An attending Nurse and/or Resident Coordinator will unlock your bathroom for you during this time period.