

***Evergreen Manor
Pregnant and Parenting Women's
Long Term Residential Treatment Program***

We welcome you to our long term recovery program! Our residential program is a program for moms to find themselves and their sanity. We help women become the best mothers they can be, and the best clean and sober person they can be. If you want recovery, we'll help you make it happen.

Here is some information you will need before coming in.

- This is a 6 month program.
- We are a smoke and tobacco free agency. That means you may not smoke on or off campus, any where any time.
- You will share a room with someone.
- Your belongings will be searched when you come in
- Anything brought in to you by friends or family will go to your counselor for approval first
- The first 7 days you are here you will be on a telephone blackout, and are not allowed to use the telephone.
- The first two months you are here you may not leave the facility
- You may not correspond with anyone who is in prison or jail
- If you are pregnant, you must have prenatal care in Everett
- If you have a child with you, you will pay room and board for the child
- After your black out, your family members may visit by attending the Family Group on Saturday from 9:30-12:00 p.m. They then may stay for visiting from 12:00 to 3:00 p.m. If they do not attend Family Group, they may not visit. Friends may visit if you have special permission from your counselor.
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Do NOT bring the following items:

<ul style="list-style-type: none"> • Cigarettes, tobacco products, matches, lighters, etc. • Cell phone, pagers or any other electronic products • Weapons • Drugs or drug paraphernalia • T-shirts or other clothing that advertises drugs, alcohol or other inappropriate things 	<ul style="list-style-type: none"> • Car • Mouthwash containing alcohol • Any product containing alcohol (check your hair gel, cough syrup etc) • Chemical based hair products such as hair color or bleach • False nails Perfume • Hair spray • Herbal supplements
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The following items will be locked up, and you may not keep them in your room:

- Razor with cover
- Nail polish and polish remover
- Checkbook
- Camera

You may bring no more than the following:

7 each of t-shirts, shorts or pants, tops, socks, panties, bras. 2 jackets or sweaters, 3 pair of shoes, 1 dress, 1 pair slippers, 3 pair pajamas or night gowns
Personal toiletries: 1 shampoo, 1 conditioner, 1 deodorant, 1 toothbrush, 1 toothpaste, 1 dental floss, 1 comb, 1 brush, 1 lotion, 1 pack q-tips, 1 package cotton balls, 1 hair gel or mousse, 1 razor with cover, 1 box sanitary napkins or tampons, 2-3 non-recovery based books,

We **recommend** you bring: alarm clock, stationary, your address book, stamps, phone card or coins for phone, recovery based books, 5-6 photos, journal, nicotine patches

You **may** bring, but do not have to bring: radio or tape/CD player, batteries, yarn, crochet hook, knitting needles, guitar, your own pillow and blankets

You may bring **ONLY** the following over the counter medications (if they are ones you need) so long as they have not been opened and the seal is intact: Acetaminophen, Ibuprofen, ChlorTrimeton, Claritin (or generic), Immodium (Loperamide), Bisacodyl (Dulcolax), Alum/Mag Hydroxide with Simethicone, Calcium Carbonate (Tums), Guaifensin 200 mg, Tolnaftate 1% fungal powder or cream, throat lozenges, and vitamins. Prescriptions drugs brought to treatment must be in the original pharmacy container with the resident's name on the prescription label.

We provide:

Furniture, bedding, towel, laundry facilities (no cost), laundry soap, pay phone

For your child, you may bring:

14 outfits, 2 jackets/sweaters, 3 pair of shoes, baby shampoo, baby powder and lotion, diapers, detangler, nebulizer, wipes, favorite stuffed animal, toys (limited to space available and at staff's judgement), 1 favorite blanket or comforter, 14 flannel/receiving blankets for infant, car seat, 1 stroller, baby monitor, 1 pair slippers, 7 pair of pajamas, bassinet, baby bathtub

You will be sharing a room, and space is limited. Please do not bring more than what is listed above. As you collect items and/or seasons change, you will need to pack extra items and send them home to friends or family.

Keep in mind that you will be living in a community with other people in recovery. Don't bring valuable items such as jewelry, or one-of-a kind keepsakes or heirlooms because things could "disappear." You may use a locker, but will need to bring a padlock. The extra key or combination must be left with the Residential Monitor so we can search your locker if necessary.

You may have no more than \$10 in your possession at any one time. Any additional money will be kept locked in the Operations Manager's office.