

Welcome!

First Resources staff know that you are making a big decision to trust us and come to inpatient treatment. We want the best for you and we are confident that your life **can** and **will** get better for you - *one day at a time.*

Thank you for choosing Oak Meadow/Hope House for your treatment and recovery center. Below is a packing list for your review. If you have questions please call 641-682-2800 and we will be glad to help you.

Packing List - Inpatient Treatment

Medications- Prescription medication must be in its original container. Please bring any over-the-counter medications you anticipate needing. All medications will be kept in secure storage. Medication times are designated. For Hope House clients this includes children's medications as well.

Clothing- Clothing for 7 days (no clothing with drug, alcohol, gambling, or bar slogans). Due to limited space, please minimize the amount of clothes you bring.

Personal hygiene items- Non-aerosol, non-alcohol soap, deodorant, toothpaste, shampoo, feminine hygiene products, shaving items. Disposable razors (no straight/removable blades), curling irons, and hair dryers are allowed. These will be placed in secure storage and use of these items will be monitored by staff.

Phones- Phones are available for local and long distance calls. **Cell phone use is not allowed** while in residential services. Should you choose to bring a phone, please understand that it will be locked up during your stay at the facility.

TB & Physical- You are required to have a physical and tuberculosis (TB) test conducted within 5 days of admission. If you have had a physical or a TB test recently, please bring documentation. If we are unable to obtain verification of a physical or a TB test prior to admission, you will be required to have one within 5 days.

Audio Devices- These are approved, provided they do not have the ability to record in any way, including pictures, videos, or voice. No email or Wi-Fi capability.

Tobacco Products- **Every program of First Resources Corporation is tobacco free. This includes all tobacco products. You are encouraged to bring your own nicotine replacement.**

Bedding/Pillows- You will be provided with one set of linens, a towel, and washcloth for your stay. Guests are not allowed to bring their own linens, blankets, or pillows unless they are brand new in packaging. No stuffed animals allowed.

Money- A secure place will be provided to lock up your money. You may wish to bring change for pop.

The following items may NOT be brought to treatment:

- Cigarettes, chewing tobacco, and any other form of tobacco
- Butane products, lighters filled with liquid fuel
- Cameras
- Drug paraphernalia
- Glue, paint
- Glass containers
- Cell phones, computers
- Pets
- Personal linens, blankets, or pillows -unless brand new in package
- Weapons or tools

Hope House - 433 N Weller Ottumwa, Iowa 52501 641-954-9924

Oak Meadow - 2942 Oak Meadow Drive, Ottumwa, Iowa 52501 641-954-8925