



What Should I bring to Treatment

The MOST IMPORTANT AND VALUABLE thing that you need to bring to treatment is YOURSELF. If you arrive with nothing more than just the clothes on your back, don't worry. YOU are what counts, and your basic needs will be met.

SOME THINGS YOU MAY WANT TO BRING WHEN YOU COME TO TREATMENT (this is not an all-inclusive list, but should give a good general idea of what to bring):

- **5-7 days of clothing which is approximately 7-10 outfits and the same amount of undergarments. We suggest you pack comfortable clothing! For the 1st 30 days, you will primarily be going to and participating in groups. After 45 days, you will begin work search.**
- **Shorts must be appropriate length and no more than 6-7 inches above knee. Comfortable sleeveless shirts and blouses are allowed. No "short" shorts, spaghetti strap tank-tops, low cut, tight, or see-through clothing. Leggings may be worn with long shirts. No torn jeans with big holes are allowed.**
- **Three pairs of shoes are allowed per client, all shoes must have backs. No flip flops or high heels are allowed. Clothing appropriateness is monitored by staff.**
- **Personal hygiene items. Towel, shampoo, deodorant, razors, toothbrush, toothpaste, soap, make-up, etc. No mouth-wash.**
- **If you have prescription medications, they must be current and in properly labeled bottles as issued directly from pharmacy). Any over-the-counter medications must be in new, unopened containers and turned into staff. Please do not bring over the counter medication unless it is absolutely necessary.**
- **Clock or clock radio if you have one.**
- **Pen, paper, envelopes, stamps.**
- **ID: Must have Texas ID or driver's license, or social security card & birth certificate.**
- **Alpha Home is a tobacco, vape, smoke free facility. No tobacco products are allowed, including e-cigs and vape products and chewing tobacco.**
- **You may bring nicotine patches or lozenges; nicotine gum is not allowed.**
- **Personal snacks or drinks ARE NOT allowed.**
- **Bedding is provided by Alpha Home. You MAY NOT bring blankets, sheets, etc. You may bring a new, unused pillow.**
- **There are lockers available. If you want to use one, YOU must bring the lock.**
- **One time weekly, clients are transported to the grocery store to make personal purchases.**
- **Cell phones ARE NOT permitted in the general house area. If you bring a cell phone, it must be turned into the staff office. Alpha Home is not responsible for lost or damaged cell phones, and bringing a cell phone is highly discouraged.**
- **DO NOT BRING computers or computer equipment, portable televisions, mouthwash, knives or other weapons, paraphernalia.**

All belongings are searched at time of admission for drugs, alcohol, or inappropriate items.