

What to bring (*and not to bring*) to treatment.

The most important and valuable item to bring is YOU. If YOU arrive with nothing more than just YOU, that is what counts. Your basic needs will be met here at Alpha Home.

What to bring...

Keep in mind this is not an all-inclusive list, but it's a good start.

CLOTHING

Washers and dryers available at the houses.

7 to 10 outfits and nightwear

- We suggest you bring comfortable clothes.
- On Day 45+, you will begin your job search.

Undergarments for 5 to 7 days

Shoes – 3 pairs maximum

PERSONAL HYGIENE

Towel(s), shampoo, deodorant, razors, toothbrush, toothpaste, soap, make-up, etc.

Mouthwash is not allowed.

MEDICATION

Prescription Medication

- All medication must be current and have the original pharmacy label.

Over-the-Counter Medication

- These must be new, in unopened containers, and given to the staff with your prescription medication. We encourage you not to bring over-the-counter medicines unless it is necessary.
- These must be new, in unopened containers, and given to the staff with your prescription medication. We encourage you not to bring over-the-counter medicines unless it is necessary.

Nicotine patch or lozenges (gum is not allowed). Alpha Home is a tobacco-free facility, so no tobacco, vaping, or smoking is permitted at our facilities.

MONEY

Once per week, you will be driven to the grocery store to make personal purchases.

Clothing Guidelines

- Shorts must be an appropriate length, no more than 6-7" above the knee.
- Sleeve shirts and blouses only – no spaghetti straps, tank-tops, low cut or see-through clothing.
- Leggings can be worn with long shirts.
- No large holes are allowed in jeans.
- Shoes must have backs; flip-flops and high heels are not allowed.

PERSONAL ITEMS

Clock or Clock radio

Pen, Paper, Envelopes, Stamps

Lock if you choose to use one of the lockers

Pillow if you would like to bring one from home

IDENTIFICATION

You must have a Texas ID or driver's license, social security card, and birth certificate.

What's not allowed...

- Electronics including computers, computer equipment, portable television(s) OR DVD players.
- Snacks or drinks.
- Blankets, sheets, etc. *All bedding will be provided.*
- Mouthwash.
- Knives, other weapons, or paraphernalia.
- Cell phones are not permitted in the house. If you choose to bring a cell phone, it must be turned in to the staff. Alpha Home is not responsible for any lost or damaged items, so we discourage you from bringing them with you.
- No drugs, alcohol, or inappropriate items.

Note: All belongs are looked through by staff at the time of admissions for your safety and the safety of others.