



# Preparing for Your Treatment Stay

You have taken an important step toward recovery by planning to take part in the MACSI Inpatient program. Below is a list of things to help you prepare for your treatment stay.

## ***General***

- Programming includes a cultural component which includes Elder visits, sharing circles, daily smudges (voluntary), and more.
- All business, financial, legal, and family matters must be arranged before entering treatment.
- You are responsible for your own transportation to and from treatment.
- Rooms are double occupancy.
- The first four days in the centre will be spent without phone calls or visitors.
- Expect to stay at the centre for the duration of your stay as the MACSI Inpatient program does not offer day and/or weekend passes.
- Visiting hours are on the weekends and statutory holidays from 1:00pm – 4:00pm.

## ***Medication***

- All prescribed medications must be bubble packed with an enough supply to last the duration of your stay. Over the counter medication must be sealed upon arrival.
- Clients receiving Methadone need to have their prescription transferred to the appropriate pharmacy prior to entering treatment (Saskatoon centre- Rexall Drug Store, 1530 20th Street West, Prince Albert centre - Medi-Centre Pharmacy, 2685 2nd Avenue West, Regina centre- College Ave Drugs, 636 College Avenue).
- Methadone carries are not allowed in our facility.

## ***What to bring***

- Saskatchewan Health card.
- Calling card and/or change for the pay phone.
- Change of clothing to last at least three (3) days (laundry facilities are available).
- Clothing suitable for weather/recreation (warm coat, sweats, shorts, t-shirts, swimsuit).
- Foot wear for both inside and outside activities.
- All hygienic supplies including toothbrush, toothpaste, comb/brush, towels/face cloths, shampoo, deodorant, shaving supplies, feminine needs.
- Enough tobacco to last your stay.
- Hobbies and/or reading material for personal time.
- Pictures of family/friends (optional).

## ***Do not bring***

- Personal bedding of any kind (including stuffed toys).
- Personal vehicle.
- Cologne, perfume, air fresheners, etc.
- Electronic devices including cellphones, laptops, and video games. Ipods and MP3s are allowed provided they do not have internet and/or camera capabilities.

Should you have any questions in regards to getting ready to take part in the MACSI Inpatient program, feel free to contact the centre and we will be able to help guide you along the way.