



# 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**

- You are expected to be 7 days detoxed prior to treatment. No exceptions.
- Programming includes a Cultural component which includes, cultural support, sharing circles, daily smudges (voluntary), cultural teachings 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. Your transportation is advised to wait outside of the facility in their vehicle up until your temperature and other necessary precautions have been taken and until you are cleared for treatment.
- The first four days in the Centre will be spent without phone calls.
- 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.
- Due to COVID-19, no in person visits are allowed at this time. We will offer phone and virtual visits, which take place on every Saturday, Sunday, and Holidays at 1:00-4:00pm, for 30 minutes maximum per client. If at all possible, please set this up before your treatment and we will do our best to accommodate. You can also set up virtual visits with your Counsellor on a weekly basis. *Recommended application for virtual visits is ZOOM.*
- Clients will **NOT** be able to attend any appointments while in treatment at this time, as a result of COVID-19.

## **Medication / COVID 19**

- **All prescribed medications must be bubble packed with a supply to last the duration of your stay.** Due to no medical staff on site, all over the counter medication (Tylenol, Advil, etc) must also be prescribed by your Doctor and bubble packed.
- All prescribed medications written in your medical form must be with you at the time you present for intake. No exceptions.
- 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 Ave. West, **Regina Centre**- College Avenue Drugs, 636 College Ave.).
- Methadone carries are not allowed in our facility.
- Clients will **NOT** be able to attend any medical appointments while in treatment at this time as a result of COVID-19, unless it is an EMERGENCY.
- All Clients are asked to be tested for COVID-19. A negative result must be confirmed at least 48-72 hours prior to your stay and the client must provide evidence that you have cleared. Contact 811 to set up an appointment to be tested. *Preferably, the Monday of the week you expect to begin your stay.*



# Preparing for Your Treatment Stay

- All clients are asked to self- assess and quarantine for COVID 19 symptoms prior to treatment, while they wait for their COVID-19 test results. We want everyone to be safe with no virus exposure.

## ***What to bring***

- Saskatchewan Health card.
- Calling card and/or change for the pay phone. The pay phones at the centre only takes VOX cards and quarters, at 50 cents per phone call.
- Change of clothing to last at least three (3) days (laundry facilities are available). Extra clothing and items will be bagged and sealed until treatment is completed with no access due to our Bug Bed Policy.
- Clothing suitable for weather, as daily walks are a requirement of your treatment stay.
- Foot wear for both inside and outside activities. Due to Fire Emergency Codes, Footwear is a requirement throughout your stay.
- 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, candles, etc. We are a scent free building.
- Electronic devices including cellphones, laptops, and video games. iPod and MP3s are allowed provided they do not have internet and/or camera capabilities.
- Weapons including Swiss Army knife. MACSI reserves the right to confiscate any objects which may be deemed as a weapon.
- Marijuana, Vapes, paraphernalia or any substances. No exceptions.

***Should you have any questions in regard 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.***