



# 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, housing 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 urinalysis has been taken and you are cleared for treatment.
- ∞ The first four days in the Centre will be spent without phone calls and 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.

## **Medication**

- ∞ **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 (**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, unless it is an EMERGENCY.



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## ***What to bring***

- ∞ Saskatchewan Health card.
- ∞ Change of clothing to last at least three (3) days if attending Regina 28-day Inpatient Treatment and five (5) days if attending Prince Albert 90-day Inpatient Treatment (laundry facilities are available). Extra clothing and items will be bagged and sealed until treatment is completed with no access due to our Bed Bug 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.
- ∞ Weapons including Swiss Army knives. 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 regards to getting ready to take part in the MACSI Inpatient Treatment Program, feel free to contact the Centre and we will be able to help guide you along the way.***