

## Admissions

### **Men intakes:**

*Address for paperwork and living: 3231 1<sup>st</sup> Ave S, Minneapolis, MN, 55408*

\*Pack everything in 2 large plastic bags; 3<sup>rd</sup> bag allowed for bedding, pillows, blankets only. No suite cases or backpacks please, due to limited storing space (you will be able to unpack your belongings to dressers/closets).

### **Suggested items to bring:**

- Casual clothes, active and sleep wear- see other papers
- Medications- 30 day supply or current RX
- Nicotine patch taper
- Photo ID, Social security card, birth certificate
- Shower shoes or flip flops
- Correspondence list- list of people to contact while here
- Money for personal account, if desired
- Physical, lab results- can also be done after admittance
- Snacks; non-perishable (amount relatable to the size of a shoe box)
- Water Bottle- optional; has to be clear/see through
- Fan or alarm clock for room- has to be new, in the box

Long term clients (in addition to the above):

- Choir attire: dark-colored shoes and socks, black dress trousers, white button-down collared shirt, tie.

# **PROHIBITED MEDICATIONS**

## **At Minnesota Adult & Teen Challenge**

The following medications are **PROHIBITED** at Minnesota Adult and Teen Challenge due to their interference with the recovery process.

Examples of prohibited medications include, **but are not limited to**, the following:

### **Medical Marijuana**

**All medications used for the treatment of Alcohol or Opiate dependence and/or withdrawal <sup>1</sup>**

### **All Barbiturates**

**All Medications used Specifically for Weight Loss**

### **All Benzodiazepines**

**All Medications for Smoking Cessation <sup>2</sup>**

### **All Muscle Relaxants**

**All Stimulant Medications <sup>3</sup>**

**All Performance Enhancing Steroids/Supplements or Herbal Supplements**

**All Narcotic pain relievers and pain relievers with potential for dependence & abuse**

**All Sleep Aids <sup>4</sup>**

Please note that Minnesota Adult and Teen Challenge has an Approved list of OTC Medications That Clients may Purchase on their Own

**PROHIBITED MEDICATIONS THAT GET PRESCRIBED TO CLIENTS MAY BE DESTROYED BY MNTC**

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<sup>1</sup> Suboxone (Taper prescribed prior to admission, lasting no longer than 90 days) or Naltrexone/Vivitrol will be considered for limited use, on a case by case basis, under the direct supervision of a Licensed Prescriber

<sup>2</sup> Clients are allowed up to a 10 week taper of Nicotine Patches. Chantix will be considered on a case by case basis, following a mental health assessment, and under the direct supervision of a Licensed Prescriber

<sup>3</sup> Only Strattera & Intuniv are allowed for treatment of ADD/ADHD

<sup>4</sup> Only Melatonin is allowed as a specific sleep aid, however clients with psychiatric diagnosis may use Mental Health medications that also treat sleep disturbances

## **Male Appearance & Dress Code**

### **Hair:**

Hair is to be neat, clean and must not bring unusual attention to the individual. Hair color is to be consistent with a natural/normal hair color.

### **Jewelry:**

Jewelry must be conservative and may not draw undue attention to the individual. Chains are not permitted. Male clients may not wear jewelry in any body piercing except ears. Clients are strongly encouraged to leave expensive jewelry and other valuable items with family or friends. Minnesota Adult & Teen Challenge does not accept responsibility for lost, damaged, or stolen items.

### **Colognes**

Any product containing alcohol is not permitted. This would include colognes and other hygiene items. If alcohol is not a main ingredient, certain hygiene items may be approved by the program manager or director, such as: shampoo, conditioner, or lotions. Non-alcoholic colognes and fragrant soap are permitted when used in moderation. Others may have a high sensitivity to fragrances, therefore clients are asked to be mindful of the amount of these products they use. If these products are not being used in moderation, the client may be asked to reduce or discontinue the use of these products.

### **Dress Code:**

The standards for dress are modest, conservative, neat and clean. Pants must be worn above the hips, supported with a belt or suspenders, and may not be excessively baggy. Shorts are to be no shorter than a credit card (lengthwise) above the knee. Hats and sunglasses may only be worn outside, and are to be removed upon entering a building. Shoes or sandals are required for all activities except sleeping and showering. No clothing may be worn that promotes secular groups or messages not consistent with MnTC values. If there are questions regarding this policy, the client should be directed to their Program Supervisor.

There are 3 general classifications of dress at Minnesota Adult & Teen Challenge Life Renewal Program. The appropriate appearance standards for male activities are:

#### **Class/Chapel/Casual**

- To be worn during classes, and whenever deemed appropriate by staff.
- Shirt, sweater, casual slacks, dress jeans or shorts. No skinny or tight jeans are allowed. May wear dress shoes, casual shoes or athletic shoes unless otherwise directed. No hats may be worn at this time.

#### **Recreational/Leisure**

- To be worn during recreational sport activities and free time in the facility.
- May wear: sweat suits, T-shirts (including sleeveless), gym trunks or shorts. Shirts are required at all times. Sleeveless shirts should not be worn off the floor during business hours (8AM-5PM).
- Hats may be worn during recreational/leisure time.

#### **Work**

- Dress appropriate for the type of work being done. If unsure as to what is appropriate, the client should ask staff on duty. Closed toed shoes may be required.

## Approved Personal Belongings

The following is a list of items residents should bring if they have them. If they don't have them and don't have the means to purchase them, many of them may be provided at no cost.

**Please note due to space limitations residents may only bring two plastic garbage bags worth of belongings.**

- Clothing: See dress code above. Winter/rain/light jacket, gloves, underwear, socks etc.
- Toiletries: soap, comb, toothbrush/paste, shampoo, deodorant, razor/shaving cream, blow dryer. *Females:* makeup, sanitary items, etc.
- Medications: 30 day supply of all prescription medications (prohibited medications), non-prescription medications. Must be in a labeled, original container.
- Misc.: Bible, devotional, envelopes/stamps, umbrella, personal items, nicotine patches (NO GUM), clear water bottle, books PG rating, 5 family members to put on correspondence list.
- Snacks: Healthy non-perishable snacks, no caffeine, must fit in a shoe box size container.

## Prohibited Personal Belongings

Storage space for personal items is limited so residents will only be allowed to bring **(2) plastic disposable bags worth of belongings.**

SUITCASES and BACKPACKS are not allowed for safety reasons. In addition to the two bags limit residents may not bring any of the following items. If they do, they will be required to immediately dispose of them or mail them home at their own expense.

<ul style="list-style-type: none"><li>▪ Expensive jewelry/clothing or other valuable items</li><li>▪ Items of sentimental value</li><li>▪ DVD players/DVDs, video games, radios, TVs, CD players/CDs, computers, cell phones, digital camera</li><li>▪ Personal vehicles</li><li>▪ Drugs or drug paraphernalia, alcohol &amp; tobacco</li><li>▪ Suitcases</li><li>▪ Pictures containing drug/alcohol or sexual content</li><li>▪ Women: Jeans with writing on the backside</li><li>▪ Clothes w/skulls, peace signs, holes, frayed edges</li><li>▪ Bleach</li><li>▪ Backpacks</li></ul>	<ul style="list-style-type: none"><li>▪ Tools/Weapons of any kind</li><li>▪ Any product containing alcohol is not permitted. This would include perfumes, colognes, and other hygiene items. If alcohol is not a main ingredient, certain hygiene items may be approved by the program manager or director, such as: shampoo, conditioner, or lotions.</li><li>▪ Essential Oils</li><li>▪ Aerosols of any kind (mousse, hairspray, body spray, etc.)</li><li>▪ No memory foam or other items that cannot be run through the dryer.</li></ul>
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### Appointments:

No outside appointments for the first 30 days in the program. No court appointments the day after admitting. Any outside appointments currently scheduled will need to be rescheduled prior to admitting, unless specific to psych mediation management.

### Suboxone Resources:

Valhalla Place – Brooklyn Park  
2807 Brookdale Dr  
Brooklyn Park, MN 55444  
(763)237-9898

Valhalla Place – Woodbury  
6043 Hudson Rd. Suite 220  
Woodbury, MN 55125  
(651)925-8200

Fairview Riverside – Dr. Amer  
606 24<sup>th</sup> Ave S, 6<sup>th</sup> floor Suite 602  
Minneapolis, MN 55454  
(612)273-6099

Central Medical Clinic (Dr. Morales)  
393 Dunlap S LL34  
St. Paul, MN 55104  
(651)644-6002

## Womens/Men's Program Approved Snack List

Non perishable food items that can fit into a shoe box such as:

- Popcorn
- Shelled Nuts
- Granola Bars
- Hard Candy
- Chocolate
- Protein Bars – Please check with staff before purchasing or bringing in
- Pop 1-6 cans maximum, must fit in the shoe box with the other items above.

\*Muscle Building Powders are not allowed

# MNTC SHORT TERM MEN - WEEKLY SCHEDULE

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	<b>6:00</b>	Wake up	Wake up	Wake up	Wake up			
	<b>5:30 – 6:30</b>	Meds	Meds	Meds	Meds	Meds		
	<b>6:15</b>	Breakfast	Breakfast	Breakfast	Breakfast			
	<b>7:00</b>	Chores	Chores	Chores	Chores	Wake up		
	<b>7:15</b>					Breakfast / Meds	Optional Breakfast	Optional Breakfast
	<b>7:45</b>	Roll-Call / Announcements	Roll-Call / Announcements	Roll-Call / Announcements	Roll-Call / Announcements		Meds (7:30 – 8:30)	Meds (7:30 – 8:30)
	<b>8:00 – 9:00</b>	Bible Study <u>OR</u> Study Time	Chapel <u>OR</u> Study Time	Chapel <u>OR</u> Study Time	Chapel <u>OR</u> Study Time	Group Therapy (8:15-10:10)	Wake up (8:00)	Wake up (8:00)
	<b>9:15 – 11:10</b>	* Group Therapy	* Group Therapy	Group Therapy <i>Co-Occurring</i>	Community Meeting \ Group Therapy		Step 1 Stories (10:20-11:10)	Chores (8:00-8:30)
	<b>11:15 – 11:35</b>	Meds	Meds	Meds	Meds	Meds		Brunch (10:45-11:15)
	<b>11:40</b>	Lunch  <i>Nicotine Support Grp @ 11:30</i>	Lunch  <i>New Client Orientation @ 11:30</i>	Lunch	Lunch	Lunch  <i>Opiate Support Grp @ 11:30</i>	New Client Welcome Lunch (11:00-11:30)	
<b>12:20 – 12:50</b>	Class	Class	Class	Class	Class			Meds
<b>12:50 – 2:10</b>	Breakout Group	Breakout Group	Breakout Group	Breakout Group (End at 1:50)	Breakout Group	Reel Therapy Make-up (12:00-3:00)	Visits  L&H- 1:00-2:30 R- 2:30-4:00	
<b>2:15 – 2:55</b>	Class	Class	Class	Therapeutic Recreation	Class			
<b>3:05</b>	Therapeutic Recreation	Therapeutic Recreation	Therapeutic Recreation	<i>Muster in Chapel 2pm</i>	Therapeutic Recreation			
<b>PM</b>	<b>4:15 – 4:35</b>	Meds	Meds	Meds	Meds	Meds	Meds	Meds
	<b>4:45</b>	Dinner	Dinner	Dinner (4:30)	Dinner	Dinner	Dinner (4:30)	Dinner (4:30)
	<b>7:00</b>	Optional 12 Step Meeting (7:30-8:30)	Family Night (7:00-8:00)	Visits (7:00-9:00)	Optional Recovery Meeting (4:45-8:30)	Optional Bible Study (7:30-8:30)		Optional Recovery Meeting (6:45-9:50)
	<b>8:30 – 9:30</b>	Meds	Meds	Meds	Meds	Meds	Meds	Meds
	<b>9:00</b>	Chores	Chores	Chores	Chores	Chores	Chores	Chores
	<b>10:00</b>	Room Time	Room Time	Room Time	Room Time (10:30)	Room Time (10:30)	Room Time (10:30)	Room Time

\* **Step 2 & 3 Group:** Monday @ 9:15 – Mikki, Mike, & Sara's Groups  
 Tuesday @ 9:15 – All Other Groups

Updated: 07/21/2017