

Admissions

Women intakes:

Address for intake: 1725 2nd Ave S, Minneapolis, MN, 55403

*When you arrive, there will be a courtyard with 2 doors. Please go to the door that has 1725 written above the door.

Phone number to call if lost/arrived: 612-238-6228

Available Parking spots: 12,65,66

*Pack everything in 2 large plastic bags. No bedding, pillows, blankets needed (we provide). 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 ¹

All Barbiturates

All Medications used Specifically for Weight Loss

All Benzodiazepines

All Medications for Smoking Cessation ²

All Muscle Relaxants

All Stimulant Medications ³

All Performance Enhancing Steroids/Supplements or Herbal Supplements

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

All Sleep Aids ⁴

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

¹ 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

² 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

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

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

Female 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. 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.

Make-up:

Make-up must be applied conservatively and may not draw unusual attention to the individual.

Perfume/Cologne

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. Non-alcoholic perfumes, 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. Shoes are required for all activities except sleeping and showering; shoelaces are to be tied at all times. 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. Pajamas are not allowed to be worn outside the floor or living area. Sunglasses may only be worn outside and are to be removed upon entering the building. High heels may not exceed 2 inches. 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 female activities are:

Class/Chapel/Casual

- To be worn during classes, and whenever deemed appropriate by staff.
- Shirts, blouses, casual slacks, skirts, dresses, dress jeans, or shorts. Tank tops can only be worn with a shirt over it or have a 3 inch wide strap. No skinny or tight jeans.
- Clothing must not be torn, have holes or be patched.
- Clothing must not be torn, have holes or be patched.
- Clothing cannot be tight, revealing (no bra straps or cleavage), or excessively baggy.
- Skirts and dresses are to be knee length or longer, and slits no higher than knee length.
- Shorts are to be no shorter than a credit card (lengthwise) above the knee.
- Hats are not allowed during this time.
- Any pants or jeans worn must be able to have one inch (two inches total) of fabric pinched without stretching to meet tightness requirements. This will be measured at mid-thigh on the front side of the leg.

Recreational/Leisure /Meals

- To be worn during recreational sports and activities.
- May wear sweat suits, T-shirts, gym trunks or shorts – no spandex workout clothing is allowed.
- One-piece bathing suits may be worn for swimming.
- Pants with words on the behind are not approved at any time.
- Bandanas covering the whole head can only be worn during free 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">▪ Expensive jewelry/clothing or other valuable items▪ Items of sentimental value▪ DVD players/DVDs, video games, radios, TVs, CD players/CDs, computers, cell phones, digital camera▪ Personal vehicles▪ Drugs or drug paraphernalia, alcohol & tobacco▪ Suitcases▪ Pictures containing drug/alcohol or sexual content▪ Women: Jeans with writing on the backside▪ Clothes w/skulls, peace signs, holes, frayed edges▪ Bleach▪ Backpacks	<ul style="list-style-type: none">▪ Tools/Weapons of any kind▪ 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.▪ Essential Oils▪ Aerosols of any kind (mousse, hairspray, body spray, etc.)▪ No memory foam or other items that cannot be run through the dryer.
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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 24th Ave S, 6th 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

Women's/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

Women's Daily Schedule – MTC Licensed Program. Revised 8/8//2017

SUBJECT TO CHANGE DAILY! ALWAYS READ WHITE BOARD!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morning	Morning	Morning	Morning	Morning	Morning
Wake-up 5-7am	Wake-up 5-7am	Wake-up 5-7am	Wake-up 5-7am	Wake-up 5-8am	Wake-up 5-8am	Wake-up 5am-optional
Showers 5 am-7 am	Showers 5 am-7 am	Showers 5 am-7am	Showers 5 am-7 am	Showers 5am-8am	Showers Available	Showers Available
Work out times 5am-6:50am	Work out times 5am-6:50am	Work out times 5am-6:50am	Work out times 5am-6:50am	Work out times 5am-7:50am	Workout Available	Workout Available
MEDS 5:00 am-6:30am Check-out noon meds	MEDS 5:00 am-6:30am Check-out noon meds	MEDS 5:00 am-6:30am Check-out noon meds	MEDS 5:00 am-6:30am Check-out noon meds	MEDS 7:30 am-9:00 am Check-out noon meds	MEDS 7:30-9:00am Check-out noon meds	MEDS 7:30- 9am Optional Church
Breakfast in Cafeteria (opt) 5 am-6:50 am	Breakfast in cafeteria (opt) 5 am-6:50 am	Breakfast in cafeteria (opt) 5 am-6:50 am	Breakfast in cafeteria (opt) 5 am-6:50 am	Breakfast in cafeteria (opt) 5 am-7:50 am	Breakfast in cafeteria (opt) 5 am-7:50 am	Breakfast in cafeteria (opt) 5 am-7:50 am
Fireside Meeting 7:20 am Prayer/Devo	Fireside Meeting 7:20 am Prayer/Devo	Fireside Meeting 7:20 am Prayer/Devo	Fireside Meeting 7:20 am Prayer/Devo	Fireside Meeting 9 am Prayer/Devo	Eating in Recovery group 8:30am (optional) Brunch 9:55am (mandatory)	TBA Blessings
Chapel/Prayer Portland 8:00 am-9:00am Optional	Chapel/Prayer Portland 8:00am -9:00am optional	Chapel/Prayer Stevens 8:00 am-9:00 am optional	Chapel/Prayer Stevens 8:00 am -9:00 am optional	No Chapel	Group 1 10:30am -12:15 pm Phones Group 2	Free time Deep clean rooms
Primary Group 9:30 am	Primary Group 9:30 am	MH Codependency Group 9:30 am	Primary Group 9:30 am	Art Therapy Group 9:30 am	Checked out meds Given in group	
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Lunch 11:30 am @ 1717 Then KCU & Coffee 12pm Business Calls	Lunch 11:30 am @ 1717 Then KCU & Coffee Nicotine Support Group (Optional) 12pn Business Calls	Lunch 11:30 am @ 1717 Then KCU & Coffee Opiate Support Group (optional) 12pn Business Calls	Lunch 11:30 am @ 1717 Then KCU & Coffee 12pm Business Calls	Lunch 11:30 am @ 1717 Then KCU & Coffee 12pm Business Calls	Laundry Starts 12:15 pm see posted sheet for assign time slots	Lunch 11:55 am or whenever back from church
Psycho-Educational Group 12:30 pm	Psycho-Educational Group 12:30 pm	Community Mtg 12:30 pm-1:30 pm	Psycho-Educational Group 12:30 pm	Skills Group 12:30pm	Group 2 12:15 pm-2pm Phones Group 1	12:45pm KCU Deep Cleaning
Therapeutic Recreation 2:30pm-2:50pm	Therapeutic Recreation 2:30pm-2:50pm	Recreational/ Experimental Therapy 1:30pm-4 pm	Therapeutic Recreation 2:30pm-2:50pm	Therapeutic Recreation 2:30-2:50pm	Money for "order out only" 1:45-2pm Visits 230-430 Visit KCU 4:30	
Recovery Group 3pm - 4 pm	Recovery Group 3pm - 4 pm		Recovery Group 3pm - 4 pm	Recovery Group 3pm - 4 pm		
4pm Chores	4pm Chores	4pm Chores	4pm Chores	4pm Chores	3-4 Bible Study (opt) 4pm Chores	2pm Coffee Trip for those who took out \$
Meds 4:15 pm -4:40pm	Meds 4:15 pm -4:40pm	Meds 4:15 pm -4:40pm	Meds 4:15 pm -4:40pm	Meds 4:15 pm -4:40pm	Meds 4:15 pm -4:40pm	Meds 4:15 pm -4:40pm
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Dinner 4:40 pm -5:20pm	Dinner 4:40 pm -5:20pm	Dinner 4:40 pm -5:20pm	Dinner 4:40 pm -5:20pm	Dinner 4:40 pm -5:20pm	Dinner 4:40 pm -5:20pm	Dinner 4:40 pm -5:20pm
Phone 5:20pm 5:45pm Zumba Reel Therapy 6:30-8:30pm Quiet on floor 8:30pm	Phones 5:30pm Family Night Education 7:00- 8:15pm Quiet on floor 8:30pm	Phones 5:40pm (1) 6:15 Church (opt) 6:45 Phones (2) Laundry Quiet on floor 8:30p	Phones 5:30 pm Visitation 6-8pm 12 Step 6:30-8:15 Quiet on floor 8:30pm	Evening schedule on whiteboard	Evening schedule on whiteboard	Evening schedule on whiteboard
Snack 8:30pm-8:50pm Meds 8:30pm-9:30pm	Snacks following Family Night Ed Meds 8:15-9:30pm	Snack 8pm-8:30pm Meds 8:15-9:30pm	Snack 7:30pm-8pm Meds 8:15-9:30pm	Snack 8pm-8:30pm Meds 8:15-9:30pm	Snack 8pm-8:30pm Meds 8:15-9:30pm	Snack 8pm-8:30pm Meds 8:15-9:30pm
In Rooms 9:50 pm	In Rooms 9:50 pm	In Rooms 9:50 pm	In Rooms 9:50 pm	In Rooms 10:50 pm	In Rooms 10:00 pm	In Rooms 9:50 pm
Lights Out 10:15pm	Lights Out 10:15pm	Lights Out 10:15pm	Lights Out 10:15pm	Lights Out 11:30pm	Lights Out 10:30pm	Lights Out 10:15pm