



**BELLWOOD**  
PART OF THE  
EDGEWOOD HEALTH NETWORK

## **Bellwood's Packing List for Residential Treatment:**

*Please read this packing list carefully.*

\*Maximum one suitcase and one carry on, similar to airline protocol

### **Medications:**

- **Prescription Medications:** Please bring **ONLY** a 5 day supply of any prescribed medication in its original packaging. **Please be advised that we do not have any storage for any medications brought in excess of the 5 day limit. Any medication in excess of the 5 day limit will be discarded immediately upon arrival.** All prescriptions will be refilled and dispensed through our pharmacy; therefore there is no need for you to bring more than a 5 day supply.
- **EXCEPTIONS:**
  - **Narcotics** (ex., Percocet's, Tylenol 3, etc.) and **Controlled substances** (ex., ADHD medication such as Vyvanse, Concerta, Ritalin; Benzodiazepines such as clonazepam, lorazepam): 2-Day supply only
  - **Methadone:** please ingest dose for the day before coming to Bellwood and bring 1 carry, if possible
  - **Special considerations:** Please notify our staff if you are currently on special medications such as HIV medications, IM injections, or any branded medications. This is to ensure that proper coordination will be arranged prior to arrival.
- **Vitamins & Supplements:** Only pre-approved vitamins and supplements will be accepted into treatment but must not be opened and have a closed seal. Please be advised that if they have not been pre-approved, they will be discarded upon arrival **or best to be taken by accompanying relative.**

*Please bring:*

- Valid health card (hard copy)
- Insurance card/provider information if applicable (medications are not included in the treatment cost, a \$500.00 refundable medication deposit will be collected for self-paying clients)
- Face Masks for the entirety of your stay
- Personal watch or alarm clock
- Average of \$50/week spending money for supervised weekend outings if desired. ATM onsite
- Toiletries for duration of the program (shampoo, conditioner, toothbrush, toothpaste, alcohol-free mouthwash, deodorant, hairbrush) \*Bellwood is a scent-free facility – no perfume or cologne
- MP3 player if desired (cannot have a camera or internet connection capability)
- Appropriate and comfortable clothing for the duration of your stay \*Please keep in mind seasonal changes in weather\* (Don't forget gym clothes, footwear to be worn at all times)

Toll #: 1-800-387-6198

Local #: 416-495-0926

Fax #: 416-495-7943

<https://www.EdgewoodHealthNetwork.com>

Bellwood Health Services is an accredited treatment facility which is a part of the Edgewood Health Network. Bellwood has been operating since 1982, providing treatment for addictions and mental health conditions.



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### *Please do not bring:*

- Personal bedding or towels, these are provided. A bedbug screen (flash drying) will be completed if you have stayed in a detox, shelter or hotel prior to treatment
- Laundry detergent (provided by Bellwood, 2 laundry tokens per week are also provided)
- Valuables (safe is provided in wardrobe in bedroom for wallets, passports, cash, etc...)
- Magazines, body image books, pornographic materials
- Electronic devices (will be securely stored in our cellphone room)
- Tight or revealing clothing, halter tops, bathing suit topees, thinly strapped tops, 'muscle' tops, short shorts/skirts, tight shorts or pants
- Camouflage clothing
- Gang, alcohol or drug associated clothing or logos

### *Please Note\**

- If substances/alcohol have been used in the 72 hours prior to treatment then you will be temporarily placed in a detox room under medical supervision
- If you smoke cigarettes, ensure you have a sufficient amount for the duration of your stay
- No parking is available
- Breathalyzer test and urine test will be administered on date of admission. Random supervised urine screens and breathalyzers done throughout treatment to monitor community safety and compliance
- Bring a CPAP machine if this is necessary, or earplugs if you have concerns with snoring
- Community phones can be used daily outside of programming hours; each client has 20 minutes per weekday, 30 minutes per weekend day. Long distance calls are covered by Bellwood, no calling cards necessary.
- Take note of important phone numbers or passwords – cellphone access is limited
- Clients will not be eligible to leave property within the first 7 days of treatment
- Visitors are not currently permitted due to COVID-19 restrictions
- Photo will be taken upon admission (ID purposes for nursing staff)
- Clients are provided with a name tag and ID number that must be worn at all times
- Video surveillance is used on the premises to promote a safe and therapeutic environment
- Family program is included for an unlimited amount of loved ones
- No Outside Packages and/or Deliveries i.e. Amazon Orders

### **Methods of Payment**

- VISA, MasterCard, American Express, Certified Cheque, Wire Transfer
- Debit may be used for the \$500 medication deposit

Any questions? Please feel free to call Bellwood anytime at 1-800-387-6198

We look forward to welcoming you into our program!

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