

# STEPPING STONES REHABILITATION SERVICES

901 S. Miller Ave., Mitchell, SD 57301, (605) 995-8180

## Personal Belongings Allowed for Residential Clients

We recommend all belongings be labeled with your name or initials before you arrive!

### CLOTHING (MAXIMUM ALLOWED)

Shirts/Tops (must have sleeves) - 10

Pants/Shorts - 7

Formal slacks/Dress - 2

Work clothes - 3 sets

Work uniforms - as required by employer

Socks - 10 pairs

Underwear - 10

Undershirts (including tank tops) - 5

Sleepwear - 2 sets

Shoes (including work boots) - 3 pairs

Shower sandals (recommended) - 1 pair

Coat/Jacket - 2

Belt - 2

Hat/Cap - 2

Work gloves

Stocking hat/Winter gloves (seasonal)

All personal belongings must be appropriate for a treatment facility setting at the discretion of staff.

All shirts/tops must have sleeves. Any inappropriately short, tight, or low-cut items will not be allowed.

Items promoting alcohol, drugs, gambling, violence, or gang activity will not be allowed.

### BEDDING/TOWELS

One set of bedding and towels will be supplied to you by the facility to be returned upon discharge.

No outside pillows are allowed. An extra blanket is allowed and recommended during cold seasons.

If you wish to bring your own bedding (twin size) or towels, be sure they are labeled before arriving.

### OTHER ITEMS

Alarm clock

Small fan (no larger than 16")

Small music player (no camera, video, or Internet capabilities)

Ear buds/Headphones

Laundry basket/bag

Plastic clothes hangers (no metal)

Calling card for long-distance phone calls

Toiletries: bar soap, body wash, deodorant, toothbrush, toothpaste, mouthwash (non-alcoholic only), shampoo, conditioner, body lotion, hairspray/gel, perfume/cologne/body spray, comb, hairbrush, hair ties, curling iron (max. 1), hair dryer, razor(s), trimmers/clippers.

Nail polish/remover is not allowed. Keep makeup items to a minimum!

Some of these items will not be permitted in client rooms and must remain with staff. For example, any aerosol products, items that contain alcohol, or sharp objects will be kept with staff and may only be used in the presence of staff.

Limited items for use during personal time such as books and magazines, art and craft items, board/card games, and music will be allowed at staff discretion. There is no gambling allowed in the facility.

### LAUNDRY

Laundry facilities are available in the building. We provide a generic laundry detergent or clients may provide their own laundry detergent and liquid fabric softener if they prefer. Dryer sheets are not allowed.

**NO UNAUTHORIZED CELL PHONES, COMPUTERS, CAMERAS,  
TELEVISIONS, VIDEO PLAYERS/RECORDERS, OR VIDEO GAMING SYSTEMS  
MAY BE BROUGHT INTO THE FACILITY!**

## **Other Things To Know Before Arriving**

Residential treatment is a temporary arrangement – not a permanent residence. You are allowed to bring in only limited necessities for personal belongings so be sure to read this document and if it's not allowed, do not bring it. Items brought into the facility that are not allowed or are over the limit allowed will be put into storage and returned upon discharge. At your counselor's discretion, arrangements may be made to send excess items with family. Contraband brought into the facility after a client is admitted will be disposed of and will not be returned. Whenever possible, do not bring valuable items into the facility as SSRS cannot be responsible for these items. If you have any questions about what items are allowed or need to inquire about accommodations for special needs, please call ahead.

### **TOBACCO**

Cigarette and chewing tobacco use is not permitted in the facility. Cigarette and chewing tobacco may be used outdoors only during the authorized hours that clients may be in the yard (currently 6:00am to 9:00pm). This is subject to change. There is no smoking within 20 feet of the building. Loose-leaf tobacco and roll-your-own devices are not permitted. Vaping devices/electronic cigarettes/smokeless tobacco devices of any kind are not permitted.

### **TELEPHONES**

Clients have access to telephones in the dayroom, which may be used in maximum 15-minute intervals during authorized hours only. There is no cost for local calls. Clients need to provide their own calling card for long-distance calls. Important calls concerning legal or medical matters should be arranged with your counselor. Depending on your program, some clients are able to earn cell phone use as a privilege only – do not count on this.

### **MEALS/FOOD**

A light breakfast and two full meals (12:00 p.m. and 5:00 p.m.) are served in the facility each day. A sack lunch or saved supper option is available for clients that are out of the facility for work or an appointment during a meal. Clients are allowed to bring in limited (packaged) snack and food items at staff discretion. Outside restaurant or prepared food is no longer allowed in the facility (this includes people dropping off food, ordering food to be delivered, or food being brought in during family visits). Clients that have earned the privilege of signing out to visit the convenience store may bring back food/coffee/soda items at staff discretion. Clients may not bring food back from their place of employment for other clients in the facility. Food is not allowed in client rooms. A small locker is provided to store these items. No energy drinks/shots may be brought in or used by clients while in residential treatment. If you require special dietary considerations, including food allergies, please inquire before you arrive.

### **MEDICATIONS**

SSRS is not a medical facility. Bring a 30-day supply of your medications with you when you arrive. Documented medical orders must be included with all prescribed medications. All medications will remain in secure storage with staff and use will be monitored and documented by staff following current medical orders and the facility's medication procedures. Most supplements (other than basic vitamins) are not allowed. If you have any questions about our medication procedures or require special accommodations, please inquire prior to your arrival.

### **TRANSPORTATION**

Unauthorized vehicles are not allowed on SSRS property. Unauthorized vehicle use is not allowed while in residential treatment. If you will be working while in residential treatment (required for some programs), you will be responsible for your own transportation. Your transportation options will include walking, riding a bicycle, using approved transit, or getting a ride with a pre-approved driver. You are encouraged to bring your own bicycle as the facility does not supply bicycles for residents to use. We recommend you bring a bike lock and always lock your bicycle up. A copy of the key or combination will need to be kept with staff while you are here. Pre-approved drivers may be allowed at the discretion of your counselor but all drivers must provide a valid license and proof of insurance to be copied by SSRS for your file.

### **VISITORS/DELIVERIES**

Pre-approved visitors are allowed during authorized visiting hours only in designated areas at the discretion of your counselor. Visits are normally limited to immediate family members only to keep the focus on your treatment while you are here. Visitors are to park in front of the facility on Miller and buzz in at the southeast door. Visitors are not permitted to park or loiter in back of the building (northwest corner of the property). All visitors must present a photo ID and sign in with staff at the residential desk. Any items brought in for a client must be brought in during visiting hours only and must be presented to staff for search and approval. See section about food above. Items brought in during unauthorized hours will be turned away or held by the administrative office for the client's counselor. Unauthorized animals/pets are not allowed – including during visits.