

New Beginnings at Waverly - Information for Potential New Female Patients and Family

What should I bring?

- Please limit packing to no more than two pieces of luggage (you can do laundry here, washers/dryers/laundry soap are free) - Plastic hangers only. Must wear pants/jeans to mandatory groups - shorts are for free time. No pajama pants, no muscle shirts or tank tops, no clothing with alcohol/drug/band logos, etc.
- Personal items/toiletries. Please bring non-aerosol hair spray, deodorant, etc., and alcohol-free mouthwash. These items, as well as anything sharp (i.e. razors), will be kept at the nursing station/lodge office rather than in rooms.
- In winter, bring outdoor clothing (boots, jacket, gloves, etc.) for outside exercise.
- Exercise clothes (tennis shoes, T-shirts, shorts). Extra tennis shoes to wear for activities in alumni center only.
- Your own pillow (we do have pillows, but they have plastic liners, and many prefer their own pillows).
- Calling card, or money for pay phones (Lodge 1 phones are a "763" area code, Lodge 2 phones are a "320" area code)
- Carton of cigarettes if you smoke (store-bought cigarettes only, outdoor smoking only, 18 years and older). No chewing tobacco products or smoking cessation products of any kind allowed.
- Any medications that you are on, or are supposed to be on but aren't taking. **Please bring a 30-day supply of all medications.** Some medications may not be allowed, please check if you have questions.
- Names, addresses, phone numbers of anybody you will need to sign a release of information for (i.e., family, friends, probation officers, attorneys, employers, counselors, insurance representatives, social workers).
- Your insurance or Medical Assistance card or a copy of it (front and back).
- We have a pop/juice machine available (non-caffeine soda pop only), and a staff member will go to the store twice a week, if you forget something or need something new. You can also buy certain books here.
- Non-radio alarm clock.

What shouldn't I bring?

- Any electronics, including cell phones, radios, CD players, IPODs, laptops, walkmans, pagers, etc.
- Musical instruments, playing cards, or anything that might be distracting or disturbing to other patients.
- Any food products, including soda pop/snacks/gum/breath mints/Nicorette gum/etc.
- No aerosol hair spray or deodorant, no mouthwash with alcohol in it.
- No backpacks, unless used for packing. You will be given a book bag when you are here.

Answers to commonly asked questions

- Visiting hours: Saturdays or Sundays from 1 – 3 p.m. *and* Wednesdays from 5:30 – 7:30 p.m.
- Please note, women may sign up for only ONE of the weekend visitation days
- Weekend visitation is at the Lodge, Wednesdays are at the Alumni Center at the main facility
- Visitors limited to immediate family/significant others only
- Female patients, once they are medically stable, stay at one of two off-campus supervised houses (Lodge 1 and Lodge 2) and go to Lodge 1 daily for treatment services. Our Lodge Technicians provides the transportation.
- Under age friends/relatives of current patients must be accompanied by their parent/guardian.
- Pay phone numbers that family/friends can call in on are:
Adult Female Phones: (Lodge 1) 763-658-9328 or 763-658-9329
(Lodge 2) 320-543-9428 or 320-543-3984
- Patients answer these phones themselves, and if they are in groups or lectures, they are not answered.
- Patients can receive mail here. All mail is sent through the main facility. The address is:
(Patient Name), C/O New Beginnings at Waverly
109 North Shore Drive
Waverly, MN 55390
- We have nursing staff at the main facility 24 hours a day, a Lodge nurse 3 days a week, and doctors on call, but patients must be able to do all own self-cares.
- You can bring a book/novel, but reading is only at certain times; all non-treatment books must be OK'd by your counselor
- We also have activities and recreation on-site, which may require appropriate dress (tennis shoes for softball and volleyball; jackets, boots and gloves for walks even in winter, etc.) We have an exercise/activities building at main facility. Our Medical Director or on-call physician must provide a clearance statement for you to use the exercise and weight lifting equipment. You also need to successfully complete the safety training program provided by the activities coordinator prior to using any of the equipment.

For Family Members

We do have a family week program here, which will be scheduled after the patient's admission. It is usually held Monday through Thursday, during the day. Morning programming is at the main facility on North Shore Drive, while lunch and afternoon programming are held at Lodge 1. There is a \$25 registration fee, which covers as many family members as would like to come. Families will be contacted within a few business days of admission to set this up and answer any questions.

