



## **SMOKING POLICY**

On January 1st 2007 Pathways Community Behavioral Healthcare became a smoke free service provider. In an effort to provide a safe and healthy environment for consumers, PBHC has mandated that all properties owned or operated by PBHC will be tobacco free. This means that no tobacco products will be used or possessed while on Pathways controlled property.

The use or possession of tobacco products on Pathways property will result in an immediate transfer from residential services. Consumers are encouraged to refrain from bringing tobacco products into residential treatment. Consumers that bring tobacco products with them will be asked to remove them from Pathways property or the tobacco products will be secured and returned upon transfer of consumer from residential treatment.

In an effort to accommodate consumers of residential service, a system of four daily periods has been established for residential consumers to be taken off Pathways property to allow for the use of tobacco products.

### **These guidelines are to be followed:**

1. Times will be during free time after meals if sufficient staff is available and weather permits.
2. These breaks are considered a privilege and dependent upon the behavior of the individual and group. Inappropriate behaviors by individuals will exclude them from this privilege. Inappropriate behaviors by a significant number of group members will result in a loss of the tobacco break for the entire group. Any indication of tobacco use in the facility or on Pathways property will immediately result in cancellation of the scheduled breaks.
3. A central storage of tobacco products will be maintained at the tech station, which will be dependent on the contribution of tobacco products by consumers. Tobacco products donated by consumers will become the property of the community and issued out during the scheduled breaks. Technicians will bring only enough tobacco products to meet the expectation for one time use.
4. Individuals who have chosen a nicotine replacement (patches, lozenges, etc..) will not be allowed to use tobacco products during these breaks.

### **THINGS TO BRING TO TREATMENT:**

- Phone Card for pay phone
- A 30-day supply of medications/vitamins that are to be taken by the client with the name and the phone number of the physician or pharmacy. **IF POSSIBLE, PLEASE BRING YOUR DOCTOR'S WRITTEN ORDERED FOR ALL MEDICATIONS. ALL MEDICATIONS MUST BE IN THE ORIGINAL PRESCRIPTION BOTTLE.**

- Over-the-counter medications are only allowed with a Dr.'s order. If they are accompanied by the Dr's order, they must be brought in an unopened, sealed bottle. No medications containing Ephedrine/Caffeine/Alcohol are allowed.
- If you were told to bring medical clearance, you must have obtained this within 72 hrs. of arrival to treatment (3 days or less)
- Two forms of identification, one with a photo (driver's license, social security card, passport, etc.)
- Proof of residency (bill with address on it, most recent pay stub with address on it)
- Proof of income in the form of most recent pay stub or last year's tax documents.
- If you have insurance, you must bring your insurance card.
- Personal hygiene items that do not contain alcohol; example: mouthwash, hairspray, perfumes, cologne.
- Money for the juice machine, non-perishable prepackaged and sealed food or drinks; no more than will fit in a 2x2 locker. **(These items are not allowed at McCambridge or Cedar Ridge)**
- AA/NA materials, Bible or other religious books. **(These items are not allowed at Cedar Ridge)**
- Pens/pencils/paper/stamps/envelopes. **(These items are not allowed at Cedar Ridge)**
- Shoes to wear in the shower.
- Approximately one week's worth of clothing ONLY in a Trash Bag (12-16 Gallon). **No Luggage of any kind is allowed at any facility.**
- You can bring sleep pants and slippers, but you **may not** wear them during day treatment programs.
- Appropriate pictures of family/friends.

#### **THINGS NOT TO BRING TO TREATMENT:**

- **No vehicles**- please have someone else drive you to treatment!
- **No cell phones**, musical instruments, clocks/alarms, CD/MP3 players/radios, VCR/DVD movies, pagers, computers, games, books/magazines, fans, lamps, or flashlights.
- **No Luggage** – all clothing and belongings need to be brought in trash bags
- **No Bedding or Linens** – All blankets, pillows, towels, and washcloths will be provided
- No hair dye
- No laundry soap or dryer sheets; all laundry items are provided.
- No personal dishes- including cups and mugs.
- No clothing or jewelry with drug or alcohol insignia or references.
- No pornographic materials or adult items.
- No hats or do-rags. Hats may be worn outside during scheduled times, but absolutely no do-rags while in the program.
- No tank tops, tube tops, or sleeveless shirts (male and female).
- No short shorts or skirts; both must be mid-thigh length when standing.
- No open containers of food, drinks, etc.
- No energy drinks, Vitamin Water, or personal coffee.
- **We cannot secure any property with a high value. If you show up with any of these items, we will ask that you send it home with the person dropping you off at Pathways.**

Upon arrival, please let us know if you cannot afford personal hygiene items as we do provide some items if needed.

**WE ARE A SMOKE FREE FACILITY.**

**Please see Page 2 of this packet to read more information about our smoking policy**

**ADDRESSES AND DIRECTIONS**

**You are on the ASAP List. We will let you know which facility you are to go to at the time we call you.**

If you are going to the Clinton facility, we are located at 1800 Community Drive in Clinton, MO 64735 at the intersection of Highway 7 and 13. (660-890-8164)

- If traveling Southbound on Hwy 7, continue on 7 Hwy to the first stop light. Turn Left at the stop light heading North on Hwy 13. Make an immediate Right turn on to Gaines Dr. It will look like you are turning in to Golden Valley Hospital. Make and immediate left turn on to Community Drive. We are the first brick building on the Right. Go to the top of the hill to the upper parking lot at the back of the building. Ring the adult unit bell.
- If you are traveling Northbound on Hwy 7, continue on 7 Hwy to the first stop light. Turn Right at the stop light continuing to head north on Hwy 7 for 2.4 miles. At the 2<sup>nd</sup> stoplight, turn right heading North on Hwy 13. Make an immediate Right turn on to Gaines Dr. It will look like you are turning in to Golden Valley Hospital. Make and immediate left turn on to Community Drive. We are the first brick building on the Right. Go to the top of the hill to the upper parking lot at the back of the building. Ring the adult unit bell.
- If you are traveling Northbound on Hwy 13, continue on 13 Hwy to the 3<sup>rd</sup> stoplight. Turn right heading North on Hwy 13. Make an immediate Right turn on to Gaines Dr. It will look like you are turning in to Golden Valley Hospital. Make and immediate left turn on to Community Drive. We are the first brick building on the Right. Go to the top of the hill to the upper parking lot at the back of the building. Ring the adult unit bell.
- If you are traveling Southbound on Hwy 13. When you get to the edge of town you will see Golden Valley Hospital on your Left hand side. Before you reach the first stoplight, turn left on to Gaines Dr. It will look like you are turning in to Golden Valley Hospital. Make and immediate left turn on to Community Drive. We are the first brick building on the Right. Go to the top of the hill to the upper parking lot at the back of the building. Ring the adult unit bell.

If you are going to the Warrensburg facility, we are located at 703 N. Devasher Warrensburg, MO 64093. (660-747-1355)

- If traveling eastbound on 50 Hwy, continue on 50 Hwy 2 miles past the first Warrensburg exit of Maguire St. There will be a sign noting Devasher Street on the right. Turn Right on Devasher, we are the first building on the left.
- If traveling west bound on 50 Hwy take Pride Avenue Exit. Keep left at the fork, follow signs for Porsche Club of America Road (PCA) and merge onto Stahl Dr. At the stop sign turn Left on to PCA road. Continue to Young Ave. Turn Left on to Young Ave. Continue 1 mile to stop sign at Devasher Street. Turn left at stop sign. We are the brick building on the right side of the road.

If you are going to the Cedar Ridge, we are located at 1091 Midway Drive Linn Creek, MO 65052. (573-346-6758)

- If you are traveling westbound on 54 Hwy, continue on 54 Hwy take the State Hwy Y exit. At the stop sign turn left, crossing over Hwy 54 on the overpass. At the T in the road, turn Right. Continue about 1 mile and we are on the right side of the road across from the white and blue storage sheds.
- If you are traveling eastbound on 54 Hwy, continue on 54 Hwy take the State Hwy Y exit. At the stop sign turn Right. At the T in the road, turn Right. Continue about 1 mile and we are on the right side of the road across from the white and blue storage sheds.

If you are going to McCambridge, we are located at 201 N. Garth Ave. Columbia, MO 65203. (573-449-3953)

- If you are traveling eastbound on I-70, continue on I-70 in to Columbia and take exit 125 for Business Loop 70. At the first stop sign turn right on to Business Loop 70. Continue about ¾ of a mile to Garth Street. Turn right on to Garth Street at the Break time convenience store. Continue on Garth Street about ¾ of a mile. We are located on the Right side of the street at the intersection of Garth and Ash Street.
- If you are traveling westbound on I-70, continue on I-70 in to Columbia and take exit 126 turning left on to Providence Road. Continue on Providence for about 1 mile to Ash Street. Turn Right on to Ash. Continue 3 blocks to Garth Street. We are located in the brick building on the Right corner of Garth and Ash streets.

**If you have any further questions please contact us at 888-403-1071.**