



Welcome to CKF!

The Central Kansas Foundation's residential program offers social detox and intermediate inpatient treatment services in a comfortable, dormitory-style setting. Upon admission, each patient will be asked to shower and change into CKF clothing while your clothing is heat-treated for sanitation purposes. Due to this, we ask that you do not bring any clothing items, including shoes and jackets, which cannot tolerate high heat. All items must be treated before being allowed on the unit. Any items you bring with you are your responsibility; CKF is not liable for loss or damage to any items you bring with you.

Items supplied to you include:

- 1) Bed linens, blankets and a pillow: If you wish to bring your own bedding, the limits are two pillows, one blanket, and one set of twin sheets/pillow cases.
- 2) Towels and washcloths; If you wish to bring your own, the limit is three of each.
- 3) Laundry supplies and access to washers and dryers.
- 4) Homework packet and a journal to write in; If you would like to bring your own journal, we recommend a composition book; No metal spiral bound notebooks will be allowed.
- 5) Patients are provided with three meals, and an afternoon and evening snack per day from a menu overseen by a registered dietician. You may bring unopened, single serving size, snacks that will fit in a one gallon Ziploc bag (provided upon admission). No homemade or opened food is allowed on the unit.

What you need to bring:

Medications:

It is important to bring a 30-day supply of prescribed medications while in treatment services. It is required that each patient bring in a list of medications, dosage and time given. Unlabeled and outdated medications or medications that are not in the correct/original prescribed container are not accepted. If "sample" medications from a physician are to be used, they must be accompanied by the name of the doctor, their phone number and the correct dosage identified. Over-the-counter medications must be in new, unopened containers and be pre-approved by the staff nurse. We do not allow narcotics, opiates, or benzodiazepines at our facility. The only medication allowed for pain is Ibuprofen, Tylenol, and Naproxen, which we supply to the patient while they are at our facility. If you are unsure if a medication you're taking is allowed, feel free to call and ask our staff nurse.



There are several other medications that we do not allow to be used while in the care of our facility; only medications approved by the Central Kansas Foundations Medical Director will be given while in residential services.

Clothing & Personal Hygiene Items:

The Central Kansas Foundation keeps a limited amount of personal hygiene items for individuals who may have forgotten to bring something with them. It is suggested that each patient bring an adequate supply of clothing and hygiene items based on the information provided below:

- 1) Five sets of appropriate everyday clothes, underwear, pajamas, slippers/shower shoes, jacket/coat, tennis shoes (Number of shoes will be limited to one pair of tennis shoes, one pair of slippers, and one pair of shower shoes to equal a total of three pairs of shoes. It is important that patient brings a comfortable pair of tennis shoes to be worn during activities and on walks.)

*Workout Attire: You may bring athletic shorts and tank tops that you will only be allowed to wear during activities groups such as going to the YMCA and the Walking/Running club. (Tank tops will not be permitted any other times)

*Appropriateness – no clothing with alcohol/drug portrayal, derogatory messages, profanity, or that are too revealing (no short shorts, skirts, dresses, , low cut shirts, clothes with excessive amounts of tears); Appropriateness of clothing subject to CKF staff discretion.

- 2) Personal Hygiene items to bring include: shampoo, conditioner, toothbrush, toothpaste, body wash/soap, razor, shaving cream, feminine products, deodorant, contact solution, and hairbrush/comb. Do not bring any hygiene items that contain alcohol or propellants; this includes perfumes, body sprays, cologne, mouthwash, hair sprays, etc. (canned mousse/gels -not the spray type- and pomades are okay). Please do not bring economy sized bottles, as there is limited space to store belongings.

Other items to bring:

- 1) Personal identification; which preferably includes at least one form of identification showing a current address
- 2) Money for snacks; preferably \$1 bills. Patients are allowed to have up to \$5 per day. The balance of any money brought to CKF is kept in a secure location. Any money you have at the end of your stay will be returned to you upon discharge.
- 3) Tobacco products of any kind are not permitted. This also includes e-cigarettes/vaping mods regardless if the vape juice contains nicotine or not. This allows us to do a better



job of treating all substance use disorders, which includes tobacco use disorder. Patients are given nicotine replacement therapies (NRTs) including the patch, gum, and lozenge at a level consistent with the amount of nicotine they are used to getting from tobacco products. If you would like to meet with your primary care physician prior to coming you may if you are interested in being on a medication that will assist you in a tobacco free lifestyle.

- 4) Stationary and stamps for mailing letters
- 5) Pens that have black or blue ink only
- 6) A positive attitude toward recovery

What not to bring:

- 1) Headsets
- 2) CD's, Radios, IPODS/MP3 players
- 3) Alarm Clocks
- 4) DVDs/Videos
- 5) Laptops, IPADS
- 6) Camera's
- 7) Handheld Games or any other gaming system
- 8) Musical Instruments
- 9) Any materials of a sexually explicit nature
- 10) Electronic devices of any kind (excluding razors)
- 11) Weapons of any kind

Cell Phones: Patients are allowed to bring cell phones and chargers. However, cell phones and chargers will be stored securely with patient's money during the patient's stay. Cell phones will only be permitted for use during patient's engagement with CKF staff to upload and learn about the My Strengths phone app. My Strengths is a recovery tool in the form of a phone app that can be installed on any smart phone.

Patients are only allowed two dresser drawers to store their items. So, be mindful if you are bringing your own linens or towels. All of your belongings must be able to fit into these two drawers.

Patients need to limit the luggage that they bring and will not be allowed to store more than one moderate-sized bag at CKF; if more are brought, the individuals bringing the patient will be asked to take the excess luggage/items back with them.



Upon admission, some personal items will be placed for safe keeping and kept in the staff office (this includes wallets, purses, phones, chargers, etc.) Patients will sign a form listing all items that have been placed in safekeeping; both at admission and when items are returned at discharge.

Family Members/Significant Others:

There is one visitation day scheduled during your stay. No other visits will be authorized unless approved by the director and the patient's counselor prior to the visit.

Patients are not allowed to make or receive phone calls the first week of their stay here. If someone needs to call CKF, he/she will be able to leave a message for the patient's counselor who will relay the message to the patient. If a return call is needed, the patient, along with a CKF residential technician or counselor, will return the call.

All individuals who bring items for a patient after admission will need to bring the items to the front desk of CKF at 1805 South Ohio Street, Monday through Friday between 8am and 5pm or to the Pathfinder Recovery Center at 1809 South Ohio Street between 5pm and 9pm Monday through Saturday.

All mail can be sent to the following address:

C/O (Patient's Name)
Central Kansas Foundation
1805 South Ohio Street
Salina, Kansas 67401

If you have any questions, please feel free to contact the residential unit at 785-825-6224 prior to your bed date so that you can be in compliance with the above guidelines.