

New Beginnings at Waverly – Information for Potential Clients – Males

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 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 (we are in the "763" 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 in the original container.** 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: Sundays from 1:15 - 4:15 p.m. and Mondays from 6:30 - 7:30 p.m.
- 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:
763-658-9321 763-658-9323 763-658-9325
763-658-9322 763-658-9324
- Patients answer these phones themselves, and if they are in groups or lectures, they are not answered.
- Address is: (Patient Name)
C/O New Beginnings at Waverly
109 N. Shore Drive
Waverly, MN 55390
- We have nursing staff here 24 hours a day & doctors on call, but patients must be able to do all own self-cares.
- You can bring a book/novel, but reading is at certain times; all non-treatment books must be OK'd by counselor
- We also have activities and recreation on-site, which 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 on the grounds. 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 is usually held around the second week of a treatment program, depending on length of stay of the patient. 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.