

Frequently Asked Questions

Professional Enhancement Program

What should I bring?

Clothing

- Seasonally appropriate casual clothes (no drug/alcohol, inappropriate advertisement, motorcycle, food, gambling or sex related slogans, etc)
- Workout clothes
- One piece swimsuit

Personal Items (Supply for 90 Days)

- Cash to purchase personal items to be used during treatment.
- Toiletries: soap, deodorant, shaving cream, lotion, personal hygiene products, etc. (All toiletry items should be non-alcohol based)
- Prescription and unopened over the counter medications such as Tylenol, Ibuprofen, Maalox and Nicotene replacement therapies.
- Stationary, Stamps, Writing Utensils, Journal, Notepads
- Alarm Clock
- Long Distance Calling Card (specific for land lines)
- Laundry Detergent
- Bed Linens for twin size bed – sheets, blanket, comforter, pillows
- Towels
- Cell Phones (to be used according to program guidelines)

What should I not bring?

- Pagers
- Cameras
- Computer (laptops, ipads, etc.)
- VCR/DVD Players/Video Games/BlueRay Players
- Weapons – Any item that may be used as a weapon
- Pornography or any suggestive pictures/Massage devices
- Laxatives/diet pills/Dietary or nutritional supplements
- Aerosols – hair spray, deodorants, etc.
- Hair/Personal Products containing alcohol
- Perfumes/Colognes
- Self Tanner
- Expensive Items

What are the curfew rules?

11:00 p.m Sunday through Thursday
12:00 midnight Friday and Saturday

What about food/meals?

Patient is responsible for providing their own meals

How to send/receive mail and packages?

Mail can be sent to and from each program. Packages will be observed when opened and items not allowed will be removed.

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What are the personal phone call guidelines?

Patients are permitted to use cell phones, but not during the daily programming. Failure to adhere to this may result in loss of the use of a cell phone due to lack of the responsibility for its management. Apartments have telephones for local use only – calling card needed for long distance calls.

Can the resident go shopping?

Yes, outside of treatment hours.

When can I have visitors?

Therapeutic leave or therapeutic visits can be requested after two weeks.

How often will I see a doctor?

Upon admission and as needed.

Can I have my car?

Yes. PEP residents must provide their own transportation to and from treatment each day. During the first week the resident will be with another community member until orientation period ends.