

Crisis Care Program (CCP): What to bring to the Respite Program

Items to Bring

Everything brought to CCP must fit in a small carry on or duffel bag

- Health insurance card
- Photo ID
- Verification of income (SSI award letter, pay stub dated 2 weeks prior to admission, etc.)
- COVID-19 vaccination card
- A list of current healthcare providers/numbers
- A list of current medications, including over-the-counter medications
- Current medications
- Recent medical documents
- List of personal contacts to make outgoing calls
- Comfortable clothing including underwear, socks, pajamas, sweater, skirts/shorts of knee-length or longer

Optional Items to Bring

- Hygiene products and toiletries (CCP supplies these as needed)
- Books, magazines, journals
- Reusable water bottle
- If you smoke, bring enough cigarettes or arrange for cigarettes to be dropped off to you
- Limited snack foods-must be non-perishable

Prohibited Items

- Alcohol
- Illegal drugs
- Medications not prescribed to you
- Caffeinated beverages including soda, energy drinks, coffee (caffeinated coffee and tea will be provided to you)
- Weapons (guns, knives, etc.)
- Sexually explicit, violent, and/or derogatory materials of any kind (music, books, videos, posters, pictures, etc.)
- Drug paraphernalia
- Laptops, iPads, tablets, and other electronic devices except for a portable battery-operated DVD player and cell phone (personal cell phone will not be used while on site).
- Pillows or blankets
- Cigars, tobacco pipes, chewing tobacco, rolled cigarettes and e-cigarettes (this is covid-19 specific; cigarettes are allowed)

Permitted Items (but must be turned into staff)

- Razors
- Scissors
- Tweezers
- Prescribed meds
- Over-the-Counter medications
- Nicotine gum
- Nicotine patches
- Cigarettes
- Lighters, matches
- Hair spray
- Keys
- Cell Phone
- Any supplements/protein powder/vitamins taken regularly

The Crisis Care Program reserves the right to restrict additional items for clinical reasons. The program participant will be advised of the reasons for the restriction at the time the item is restricted.

Provided Items

- Group folder with pen/pencil
- Mask
- Hand sanitizer
- Pillows
- Blankets
- Toiletries (toothbrush, toothpaste, disposable shaver, feminine products, deodorant, shampoo, body wash, lotion, comb, brush)
- Laundry detergent
- Dryer sheets
- Bed sheets
- Computer with Zoom installed
- Male/female bathrooms with shower
- Locker for valuables
- Meals and snacks
- Coffee/tea with condiments

****This is a general guideline though exceptions can be made at staff's discretion when speaking with a program participant****