

CLIENT INFORMATION FOR PUEBLO FEMALE STIRRT
3 WEEK PROGRAM 3500 Baltimore Ave, Pueblo, Co 81008

The female STIRRT Program at Crossroads Turning Points is a 21 day program, but can be extended if you go to detox.

Please bring picture identification and your Medicaid card or number if you are insured by Medicaid.

Once you arrive at the unit, a UA & BA will be taken. If you **test positive**, you will be referred to Crossroads Detox Unit. This does not count as treatment so your time in detox does not affect the **21 days** you will still do in treatment. * **Therefore; you can be in Crossroads for up to 26 days if going to detox.**

****NO SMOKING ALLOWED AT DETOX****

***Bring the following items to last you at least three weeks.**

(No more 7 changes of clothes due to limited space.)

- 7 **Seven** changes of clothes (nothing seductive/provocative, no spaghetti straps or tank tops, any sleeveless shirt must be 2 fingers wide on the shoulder) 7 Shirts, legging/pants, Underwear, Socks, tennis shoes, sandals (weather)
- 1 coat or jacket, walking shoes/ **tennis shoes**, sweats (comfortable clothing preferred).
- Please bring a swimsuit during summer months
- Makeup, **limited** Jewelry, Sunglasses, Glasses, don't forget a **TOWEL(s)** (NO bandanas, or anything gang related or displaying inappropriate messages or pictures).

We have washers and dryers. Please bring a small container of soap to wash your clothing **if** you are allergic to any soap. Please also bring a laundry bag.

- **PERSONAL TOILETRIES:** Tampons, sanitary pads, deodorant, hairbrush, comb, toothpaste, tooth-brush, shampoo, conditioner, soap, razors, hair products, and at least **2 towels**. Any problems with poor hygiene will be addressed.
- **PERFUMES**, are not recommended as it contains alcohol. If you do bring perfume/hairspray or anything with alcohol, it will be locked up and you will be able to check it out for use.
- There will be no phone calls allowed in the program. Please bring enough envelopes and stamps for the length of your stay. You may bring \$ for any emergencies that may arise, also, .75 cents for a soda so bring change our cash machine only takes dollar bills \$1 so bring quarters!

*******MEDICATION*******

- Prescription medications will be secured by the staff. **NO CONTROLLED SUBSTANCES**
- You must bring enough for 1 Month! Because, there is no way to refill your prescription while in treatment.
- ****There MUST be documentation from your primary physician clearing all prescribed medications (Medication name, mg., how they are taken A.M., P.M., PRN; along with a Medical Clearance stating that you are physically cleared to participate in the program. If there is no clearance you will not be able to take the medication until it is received)****
 - The STIRRT program will not provide any medications.

- **CIGARETTES:** If you are a smoker, make sure to bring enough cigarettes to last your entire stay. (5 smokes breaks a day) 1 pack will last 4 days = Bring 6 pks.

NO PHONE CALLS FOR CIGARETTES!!!!!!!

- Please **DO NOT** bring vapor cigarettes they are not allowed.
- All valuable items as credit cards and jewelry should be left at home.

CROSSROADS TURNING POINTS IS NOT RESPONSIBLE FOR
LOST OR STOLEN ITEMS