



The following is a list of items we recommend clients bring to Residential Treatment at SeaView, in order to make their stay more enjoyable. This is a suggested list, and not all prohibited or suggested items are listed. Please discuss items of concern with a member of the admissions staff prior to arriving.

Items Provided by SeaView

We will provide you with access to the following items for your convenience.

- Washer and dryer
- Community television
- Telephone access
- Food and beverages
- Linens and towels
- Laundry detergent and fabric softener

What to Bring to Treatment at SeaView

Administrative Items:

- Driver's license or pictured identification card
- Insurance card/Prescription card

Comfortable Clothing: SeaView Adult Mental Health Residential is a home-like environment, so we encourage you to dress comfortably and casually. Clothing should not be overly revealing, and shoes should be comfortable for walks or outings. There are washers and dryers available for regular use.

- Jeans and shorts
- Blouses and t-shirts
- Tennis shoes
- Sportswear for recreational or fitness activities
- Pajamas, robe and slippers
- Undergarments
- Clothing that can be layered is helpful to be comfortable in climate-controlled interior
- Seasonally appropriate and outdoor activity clothes. We encourage you to come prepared with several seasonal clothing options (i.e. umbrella and raincoat, lightweight jacket, sweater, heavier jacket for winter months, sunglasses, hats, etc.)

Personal Toiletries: All personal toiletries must be new and in their original sealed container. Emery boards are preferred, but nail files or clippers may be brought and will be locked in an assigned locked box when not being used. Clients may bring their own electric/battery-operated razors. Disposable or safety razors are not permitted.

- Feminine products
- Shampoo and conditioner
- Body soap and face soap



- Deodorant, lotion and sunscreen
- Make-up (one small makeup bag is permitted)
- Toothbrush/Toothpaste
- Hairdryer and hair styling products

Medications: Prior to admission, please advise the Admissions Staff of all current prescription and non-prescription medications you are taking. Please include the name, dosage, and frequency of each medication, as well as the name of the prescribing physician. All prescriptions must be current, your name must be on the prescription label, and there should be no more than the prescribed amount of pills in the bottle. Please bring at least one week's worth of prescription medications with you. A nurse at SeaView will review all medications after admission. If you have a prescription card through your insurance company, bring it with you. Prescriptions are filled at the local pharmacy and kept in the medication room. Medication costs are the responsibility of the client.

Over-the-Counter (OTC) Medications: New, unopened OTC medications are allowed. Nighttime medications are prohibited. Medications with pseudoephedrine ingredients and weight control supplements are prohibited.

Money: We recommend that you bring \$100-\$150. Money may be distributed at your request for outings or other off-campus trips.

Miscellaneous: We want you to be comfortable during your stay, and we encourage you to pack a few personal items.

- Stationary, envelopes and stamps are encouraged for writing to family and friends
- Hobby or special interest items (craft materials, Sudoku, crossword puzzles, crocheting materials)
- Photos of family and friends
- Personal Notebook for Journaling
- List of Phone numbers
- Ear plugs
- One stuffed animal, favorite pillow, or blanket
- Clock radio, iPod or mp3 player
- Books or other reading materials

What to Leave at Home

For the safety of clients, please do not bring the following items:

- Weapons and firearms
- Valuables
- Clothing that depicts alcohol, drugs, sex, or violence
- Products containing alcohol (mouthwash, hairspray, breath spray, astringent, etc.)
- Safety/disposable razors or scissors
- Personal vehicle

SeaView reserves the right to disallow any item deemed unsafe or detrimental to client care.