

ADULT & TEEN CHALLENGE OF THE FOUR STATES

Items to bring

Identification (as available)

- Driver's license
- Social Security Card
- Insurance card
- Birth certificate
- Marriage license (if applicable)

Clothing:

This is a guide (extra clothing may be sent home at the staff's discretion) Items in **bold are a MUST.**

- (2) Dress pants (**one pair black**)
- (2) Tie
- (1) Dress belt (**black**)
- (5) Pair of work pants or jeans
- (1) Pair work shoes or boots
- (7) Pair of underwear and socks
- (3) Button-down dress shirts with collars
- (2) Pair of dress shoes (**one pair black**)
- (4) Polo/golf shirts
- (1) Work belt
- (5) Work shirts
- (1) Pair work gloves
- (2) Pair of pajamas
- (1) Long sleeve, **white** dress shirt

Toiletries:

- (4) Bath towels and wash cloths
- Soap
- Toothpaste
- Shaving cream
- Brush/comb
- Shampoo
- Deodorant
- Toothbrush
- Razor

Additional General Items:

- Bible (NIV only)
- Stationary, envelopes and stamps
- Fees
- Notebook paper, pens and/or pencils
- Reusable clear water bottle
- Hangers

ADDITIONAL ITEMS TO BRING FOR COLD OR WARM MONTHS

- (2) Pair of shorts
- (1) Heavy coat or jacket
- (1) Pair of swimming trunks
- (2) Sweaters or sweatshirts

OTHER GUIDELINES REGARDING WHAT TO BRING

- Absolutely no clothing or items that have holes in them or contain secular messages (such as, photos, music, messages that promote alcohol, cigarettes, casinos, etc.).
- Due to limited space students should not bring more than one bag/suitcase (50 pounds maximum) and one carry-on bag (25 pounds maximum).
- **Please consult the student handbook regarding all other guidelines regarding clothing and personal items.**
- **IF YOU BRING YOUR OWN BEDDING** (i.e. sheets/blankets/pillow) **THEY MUST BE NEW AND IN PACKAGING.**
- Bring DOCTOR APPROVED prescriptions (in original bottle, preferably bubble packs) and your own OTC meds (Allergy pills, Tylenol, ibuprofen, vitamins, Benadryl) NO Melatonin

TC Central & Southwest MO Medication Policy

Adult & Teen Challenge of the Four States prohibits the use of all addictive medications due to their interference with the recovery process. Applicants must agree to our medication policy and request a titration/taper schedule from a Health Care Provider for his/her current prohibited medication so that it may not be stopped abruptly.

ATC policy requires that tapering off be completed as quickly as reasonably possible under the supervision of your physician.

In the rare circumstance that an alternate medication is unavailable, ATC is not an option as a treatment program for you, please call us and we can give you some other options.

The following classifications of prohibited medications include but are not limited to:

- Barbiturates(including those combined with acetaminophen, caffeine or aspirin; e.g. Fiorocet, Fiorinal)
- Benzodiazepines
- Medications used for the treatment of opiate dependence
 - **See prohibited medication list on next page for Suboxone taper exception**
- Muscle relaxant
- Narcotic pain relievers and pain relievers with potential for dependence and abuse
 - **Due to the highly addictive nature of narcotic pain relievers and their potential to under-mine the program participants' recovery efforts and mindset, prescriptions written for these medications may be allowed for a limited time only, following a surgery or injury. Staff will work with residents and their health care providers following a surgery or injury to find other non-narcotic pain relievers that are permitted examples include ibuprofen and naproxen.**
- Performance enhancing steroids or supplements
- Prescribed or over the counter medications used specifically for weight loss.
- Sleep Aids (**This includes melatonin, unless prescribed by your doctor, then only used for 2 weeks.**)
- Stimulant medications used to treat Attention Deficit Disorder & Attention Deficit/Hyperactivity Disorder
 - **Intuniv and Strattera are permitted.**

This is not an exhaustive list. All meds will be reviewed by the Intake Director and deemed acceptable or not. Some non-narcotic drugs are also not allowed. If needed, the Center Director will have final approval.