

**Montana Chemical Dependency Center  
Suggested Packing List**

It is suggested that each patient bring clothing for approximately one week. **Do NOT bring more than one small carry on sized luggage bag. Storage space is limited.** Clothing and other articles, which promote chemicals or alcohol, are considered disrespectful to others, and are not permitted. Excess personal property will not be stored on site and maybe shipped to an external location at the client's expense. **MCDC is not responsible for personal belongings and cannot be held liable to replace lost or stolen items.**

**Personal vehicles are not allowed, and patients should not travel to MCDC in their personal vehicles. MCDC cannot safeguard patient vehicles from theft or damage thus the facility encourages patients to obtain other transportation to the treatment center.**

Laundry facilities and detergent are available to patients at no charge.

Bedding and towels will be provided. Patients may not bring their own blankets, pillows, or comforters.

All patients are responsible for doing their own laundry, including towels and bedding. Personal hygiene is very important to self-image and all patients are required to shower daily. Must be dressed appropriately by breakfast. Hygiene items need to be unopened and packaging intact when bringing your own female products.

**ITEMS YOU MAY BRING:**

Shirts, blouses, sweatshirts, coats, hat, gloves, sunglasses	A small makeup bag
Jeans, slacks, sweatpants, shorts (mid-thigh)	Hair dryer/ curling iron, hair ties, bobby pins
Underclothing, pajamas, robe	Hair Spray, shampoo, mousse and/or gel (NON-Aerosol only)
Shoes, socks, and slippers, boots	Electric razors. Personal razors (must be newly packaged) to be safely stored by staff and checked out when in use.
Postage Stamps (MCDC supplies writing materials and envelopes)	Family Photos. Please limit photos to 10 photos and they cannot be larger than 4x6.
Photo ID, Driver's license, State ID card, Social Security Card, Insurance Cards (if available).	Up to 3 books, 1 coloring book, 1 small package of markers to be kept in your room and used during non-treatment hours.

**ITEMS YOU MAY NOT BRING:**

NO medication, including over the counter medications mood altering or illegal drugs, unless directed by the Admissions Team	NO personal mugs or water bottles. You will be provided a water bottle on admission.
NO Halter tops, crop tops or see through, clingy clothing. Spaghetti straps need to be covered with layers.	NO Toiletries which contain alcohol as one of the first 3 ingredients. NO Aerosol containers, NO Colognes, perfumes, after shave lotions or other items containing alcohol. Alcohol free mouthwash is allowed.
NO miniskirts, short shorts (mid-thigh or longer is allowed)	NO BAR soap including bar facial wash and bar soap for hands
NO Towels, blankets, comforters, pillows, washcloths, loofahs etc.	NO Electronics equipment i.e., cellphones, radios, iPod, cassette/CD players, cameras, musical instruments.
NO Food items including coffee, chewing gum, candy, and pop.	NO Hobby or craft items such as playing cards, board games and sewing items.
NO Tobacco including cigarettes, e-cigarettes, chew, or any products containing tobacco	NO Knives or weapons or any item that can be used as a weapon including straight edge razors.
NO Drug paraphernalia	NO lighter fluid.
NO beverages of any kind.	NO expensive jewelry.

**Please bring a list of current medications, from your pharmacy, or ask them to fax it to us before you arrive: Our fax number is 406.496.5437. If you are taking specialized medications, let the Admissions Team know prior to your arrival. Medications will be provided to you, by our pharmacy.**

MCDC is a tobacco free facility and as such has a "zero tolerance" for patient use of any tobacco product. Patients will have the opportunity during the admissions process to surrender any tobacco products and should any patient be found in possession of said products after this point they may be subject to immediate dismissal from the program. We will not keep them, and they will be destroyed upon arrival to MCDC if you bring them with you. *Patients may bring new, unopened, FDA approved nicotine patches or gum for use during the entire duration of their stay but will be tapered off patches provided by MCDC.*

For directions to MCDC, please reference the map on our website. Our address is 525 East Mercury Street. If you need help locating us, you can call the main office at 406.496.5400.

**Montana Chemical Dependency Center**  
**TREATING THE DISEASE OF ADDICTION**

Welcome to the Montana Chemical Dependency Center (MCDC). MCDC is the only State facility providing inpatient treatment for the disease of addiction- specifically substance abuse disorders. The inpatient services available at MCDC are explained below.

**FREQUENTLY ASKED QUESTIONS ONCE YOU HAVE BEEN ACCEPTED TO MCDC**

**TRANSPORTATION:** Please arrange transportation to come for treatment. We recommend that you have someone drive you here. When you are ready to leave, it is best if you have a support person to come and pick you up to take you to the next step in your treatment. If you are arriving by bus, please arrange pick up with the Admissions Team.

- **NO drugs or alcohol are allowed.**
- **NO Tobacco or Tobacco Products- NO smoking- NO CHEW**
- **No money is needed while you are in treatment at MCDC. It will be stored for you in a safe upon arrival.**
- **You will have one roommate.**
- **You will share a bathroom with up to 3 other patients.**
- **Incoming patient calls are not permitted. Your personal cell phone will be placed in a secure area, upon check in and returned to you upon departure.**
- **Patients are given three 15-minute phone calls each week. One during the week, one on Saturday and one on Sunday.**

**VISITORS:** Visitation may be available for patients at MCDC. Upon approval, visitation is scheduled individually as appropriate with treatment through the counseling staff.

**LENGTH OF STAY:** No one graduates from this program. This is a beginning of a lifelong journey. Each individual stay here is unique and may last **up to or beyond** four (4) weeks.

**FINANCIAL AFFAIRS:** Patient rates are based upon "ability to pay" using a sliding scale fee. We will contact you before you arrive or upon arrival to complete a financial assessment for you.

**ADMISSION DATE AND TIME:** You will receive an arrival date and time. Please contact us as soon as possible if something unusual happens that may change the appointed date and/or time.

**EXERCISE AND RECREATION:** Each resident unit has exercise equipment that can be accessed by the patients. Outside activities such as basketball, volleyball, and horseshoe pits are available to use outside (weather permitting).

**MAIL SERVICES:** Mail is daily, except weekends. Patient must provide their own stamps. All incoming parcels will be opened in the presence of MCDC staff. Any unauthorized items received will be placed in your locker.

**IF YOU ARE TAKING THE BUS HOME TO OR FROM MCDC:**

Greyhound and Salt Lake Express allow one carry on and one piece of luggage to be put in the under storage. Do not bring extra luggage. Excess fees will be charged for excess baggage. The patient is responsible for extra baggage fees.

**Treatment is based on a medical model of care including a comprehensive assessment, individual treatment planning and continued care planning. Individual treatment includes such services as:**

- Withdrawal treatment (detoxification)
- Group and individual counseling and therapy
- Skill based training
- Relapse prevention
- Random U/A's are conducted

***If you still have questions after reading the information, feel free to call the Admissions Department at 406-496-5412. After Hours or weekends please call 406-496-5415.***