

Our Mission

To transform lives, giving hope and healing to those affected by alcohol or drug addiction.

Preparing for Admission

- Arrive at our campus 15 minutes prior to the appointment time.
- **FLU/RSV/COVID Screening** - All patients will be screened upon admission. If a COVID/RSV test is needed and comes back positive, your admission will need to be rescheduled for a later date.
- A **driver's license or valid photo ID** and **insurance/pharmacy cards** are needed for patient registration. A **credit card** is also needed to be kept on file for pharmacy charges.
- **Prescription medications that are currently being taken should be brought.** These must be in their original prescription bottles.
- **Over-the-counter medications** and **supplements** that are taken regularly should also be brought. (Controlled substances and/or paraphernalia will be destroyed. Expired medications must also be destroyed.)
- **Valuables and cash should be left at home.** Cash, credit cards, etc. can be kept in our financial department's safe if needed. Incidentals may be purchased in the bookstore with a credit card.
- We can provide transportation to our campus from the Nashville airport, bus station, or other local areas. Contact us to make those arrangements.
- If driving to campus, a family member or support person is required to drive. If there are any transportation concerns or needs, please contact us so we can assist.
- The support person must remain here during the admissions process, approximately 2 hours.
- Cell phones may be used during the admissions process. After admission, they are securely stored.
- Belongings are limited to **two pieces of luggage.** (See packing guidelines on page 2.)
- ***Multi-pocket backpacks*** may be used for luggage but must remain in patient rooms after admission. *They may not be carried on campus. A **single-compartment drawstring backpack** or **tote bag** to carry personal items may be used. (These can be purchased in our bookstore if needed.)*

Upon Arrival for Admission

- Upon arrival to campus, please stop at the Welcome Center. Security will provide directions to the Admissions parking lot. Staff will greet you there and assist with bringing your luggage in.
- Patients meet with a nurse for an initial health screening to assess immediate healthcare needs.
- An admissions counselor will be available to answer questions about treatment.
- Admission paperwork will be completed at this time including signed releases for people that will also be involved in the treatment and recovery process.

What to Bring

- **Modest, comfortable clothing and shoes that are appropriate for all types of weather.** Shirts should cover the shoulders and midriff. Pants or other clothing should be free of holes or rips. Yoga pants are allowed, but we ask that a longer tunic length shirt be worn over them. Tennis shoes are needed for some activities. An umbrella or other rain gear.
- **Seven days' worth of clothing.** Cumberland Heights provides washers, dryers, and detergent. A laundry bag is also suggested to carry clothes to the washroom.
- **Unopened, alcohol-free, and aerosol-free** personal hygiene/cosmetic products. Note: Products that are considered alcohol-free must not have alcohol or alcohol derivatives (ethanol, ethyl, methyl, ethylene, isopropyl, methanol, stearyl, cetearyl, propyl, etc.) listed in the first three ingredients. For safety reasons we ask that hygiene products and clothing not be shared.
- If bringing **makeup** or beauty products, these must be new and unopened.
- Cessation of the use of **tobacco/nicotine products** is encouraged, but unopened packs of cigarettes may be brought. Smoking is permitted in designated areas only.
- **Vaping** is permitted with a disposable non-refillable vape only. It must be brought in an unopened and sealed package and will be inspected prior to use. Vaping is permitted in designated outdoor areas only.
- **12-step, religious, or spiritual reading materials** may be brought in. Therapeutic coloring books, plastic crotchet and knitting needles are allowed, but we ask that any puzzles, games, or other arts & craft materials be left at home including markers and sharpies.
- **Cell phone, charger, and headphones** - Patients have limited access to their cell phones on certain days and at designated times.

What *Not* to Bring

- **Weapons are prohibited** – This includes firearms, pocket-knives, mace, straight razors, metal fingernail files, etc. (Please remove these from bags *and* vehicles before arriving at the campus.)
- Smart watches, cameras, computers, tablets, heating pads/blankets, or other electronic devices.
- Refillable electronic vapor-producing products, loose tobacco, pipes, cigars, open cigarettes, open dip, and refillable lighters.
- Clothing that has words, designs, or logos related to alcohol, drugs, sexual behavior, or any offensive or controversial material.
- Bandanas and body jewelry. (Caps, hats, or hoodies are to be removed while inside buildings.)
- Hemp products, perfume/cologne, aftershave, body spray, nail polish/remover, and whitening strips.
- Cleaning supplies, disinfecting wipes, hand sanitizer, and air fresheners.
- Detergent and dryer sheets. (Detergent, linens, towels, pillows, and blankets are provided.)
- Sexually explicit materials, condoms, and marital aids.
- Food, candy, mints, gum, and beverages.
- Musical instruments should be left at home unless approved by the treatment team. (Professional musicians may speak with staff about time for practicing.)