ADMISSION SUPPLY LIST

- **DO NOT** bring girl/boyfriends, friends, siblings or pets to ACT at time of admission. They will not be allowed to participate in the admission process.
- All personal property is thoroughly inspected by a staff member at admission including the use of an electronic wand.
- All personal property (clothing and shoes) are submitted to high heat for sanitation purposes
- **Do Not** bring clothing or shoes after admission unless prior approval from case manager has been given
- Any personal belongings left at ACT 30 days after discharge will be disposed of. We will NOT be responsible for shipping any items left at ACT.

**Client Dress Code**
The dress code requires that all clients be fully clothed, with shoes on, when exiting their room. Pants or shorts will be worn at the waist. Shirts/tops cannot be tied, rolled, or altered in anyway.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Prescription Medications at Admission</th>
<th>These items are NOT permitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 day supply OR refills must be available</td>
<td><strong>Preferred Method:</strong> Prescription(s) in bubble/blister/punch card packed from pharmacy</td>
<td>narcotic pain medications, benzodiazepine or Ambien (or similar sleep medication). Please have your physician taper you off these medications prior to admission. <em>(Exception: Ativan may be approved if used only for seizure conditions.)</em></td>
</tr>
<tr>
<td>OR Written prescription(s) OR Medications in correct prescription bottle(s) (for verification of medication name, prescribing doctor, dosage, refill availability, etc.) which will allow re-ordering of medications by ACT if needed for duration.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Needed Clothing Items (7 day supply including those worn)</th>
<th>These items are NOT permitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Tops <em>(shirts, t-shirts - loose fitting, long and/or short sleeve)</em></td>
<td>tanks tops, camisoles, sleeveless, see through, tube tops, V or scooped necked, inappropriate sayings, band/concert shirts, weapons, drugs, sexual contents, holes or rips, tight fitting.</td>
<td></td>
</tr>
<tr>
<td>1-2 Sweatshirt/Sweater</td>
<td>inappropriate sayings, band/concert shirts, weapons, drugs, sexual contents, holes or rips</td>
<td></td>
</tr>
<tr>
<td>7 Bottoms <em>(jeans, long shorts, sweat pants, capris, joggers)</em></td>
<td>yoga, leggings, lounge/pajamas, holes or rips, tight, anything written across the seat area, or above the knees</td>
<td></td>
</tr>
<tr>
<td>1 Belt</td>
<td>large buckles</td>
<td></td>
</tr>
<tr>
<td>7-10 Underwear, socks and bras</td>
<td>thong underwear</td>
<td></td>
</tr>
<tr>
<td>1-3 Sleepwear, pajamas</td>
<td>see through, tank tops, sleeveless</td>
<td></td>
</tr>
<tr>
<td>1 Coat/Jacket/Stocking Hat <em>(cooler weather)</em></td>
<td>baseball/cowboy hats, bandanas</td>
<td></td>
</tr>
<tr>
<td>1-2 Tennis shoes <em>(1 pair for indoor use only /1 for outdoor use only)</em></td>
<td>boots, sandals, house shoes, flip flops</td>
<td></td>
</tr>
</tbody>
</table>

**Washer/dryers/laundry soap are available - clients will do their own laundry once a week**

INFO: SMOKING / TB / HIV / IV / PREGNANCY & ALCOHOL USE

ACT ADMISSION SUPPLY LIST /
OVERVIEW OF COMMUNICATION /
VISITATION/PARENT EDUCATION

Email: ACT@jocogov.org

Adolescent Center for Treatment (ACT)
**ACT ADMISSION SUPPLY LIST/ OVERVIEW OF COMMUNICATION/ VISITATION/PARENT EDUCATION**

**INFO: SMOKING / TB / HIV / IV / PREGNANCY & ALCOHOL USE**

---

**Underage Pregnancy**

**PREGNANCY & ALCOHOL USE**

**Overview of Communication/ACT Admission Supply List/Visitation/Parent Education**

---

### Quantity | Needed Hygiene Item | These items are NOT permitted
--- | --- | ---
 | | perfume, cologne, body sprays, aftershave, mouthwash, fingernail remover/polish, aerosol products, electrical/battery devices, metal bobby pins or elastic bands, sharpeners, Q-tips, nail clippers.
1 | Bath Soap or Body Wash |  
1 | Deodorant (stick or roll-on) | aerosols
1 | Shampoo |  
1 | Conditioner (optional) |  
1 | Toothbrush and toothpaste |  
1 | Brush and/or Comb or Pick | metal or pointed handles
3-4 | Disposable razors |  
1 | Shaving Cream |  
1 | Gel and/or hairspray (optional) | aerosols
5 pieces | Makeup | glass containers or mirrored compacts
Feminine Products (Unopened Tampons/Pads) | opened boxes

### Quantity | Jewelry/Piercings | These items are NOT permitted
--- | --- | ---
None | Must be removed prior to arrival | watches, bracelets, necklaces, rings, earrings, all piercings, plugs, stud, tapers, spacers, etc.

### Miscellaneous | These items are NOT permitted
--- | ---
Clients are responsible for voluntarily handing over all contraband brought into the facility on their person or in their belongings. Contraband includes, but is not limited to, cigarettes, drugs, alcohol, knives, weapons, paraphernalia, etc. Client and clothing will be electronically scanned for safety and security. | alcohol, drugs, paraphernalia or weapons including pocket knives, box knives, or sharpened items.
drugs/alcohol of any kind.
**tobacco/nicotine products** – Regardless of age, clients are not allowed to use any tobacco/nicotine or vapor products or associated items. Also, no nicotine patches, gum, lozenges, etc. | phone, chargers, radios, clocks, money, tokens including AA coins, purses, billfolds, pictures/photographs, reading materials/books, paper, notebooks, spirals, journals, pens, pencils, markers, toys, stuffed animals, blankets, towels, bed linens, food, beverages, gum, candy, sports equipment, games, playing cards, etc.
Communication Policies

**Phone Access**
Client access to the telephone is managed while clients are at the Adolescent Center for Treatment (ACT) to help maintain client focus on recovery and minimize negative outside influences. Clients receive the opportunity to make phone calls starting on the third day after admission to the approved individuals.

Location/Days/Times:
- Client phones are located in the ACT treatment dayroom area. Incoming calls for clients are not accepted.
- Daily during free time if the client is eligible for phone privileges.
- Clients are allowed to make one 10 minute call per day.
- Clients are allowed to call only those individuals on their approved communication list – limited to parent(s) or guardian(s) or individuals approved by their assigned clinician. They may not call girlfriend/boyfriend/other peers.
- All conversations must be positive in nature and not reveal information/news which may be upsetting to the client.
- Clients who have phone conversations with any person not on their call list may be subject to a suspension of phone privileges.

**Mail:** Clients may receive mail only from individuals approved by their assigned clinicians. Mail must be opened in the presence of a staff member to prevent introduction of contraband into the facility.

Visitation/Parental Education Program

**Family Education Activities/Visitation**

(All visitors must have a Release of Information form completed prior to visiting and ages 16 and above must have a photo ID)

**PLEASE arrive 15 minutes prior to visitation/education.**

**Parent Education/Visitation** *(Sunday afternoons)* - Parents/Guardians are welcome the first Sunday after admission.

1:00—2:00 pm, **Spiritual Growth Opportunity** (approved parent/guardian may attend with their youth)
2:00—4:00 pm, **Family Education, Al-Anon Family Support and Visitation**

* schedule is subject to change.

**Family Night** *(Wednesday evenings)* - Beginning the second week of treatment.

6:00—6:30 pm, **Family Visitation:** Only family members who are approved and participating in Family Night activities are allowed to visit clients. This brief visit provides the family with an opportunity to socialize and is designed to allow flexibility in arrival time, so that activities can begin promptly at 6:30.

6:30—8:00 pm, **Family Education/Multi-Family Counseling:** Clinical staff present information about chemical misuse and recovery issues. Families are provided, in a supportive environment, the opportunities to discuss problems and feeling they may be experiencing as a result of chemical misuse situations.

**Guidelines:**
- Visitors are limited to 3 per client and only those approved. Girlfriend/boyfriend/peers are excluded.
- Visitors are asked to bring in ONLY their ID’s, and keys.
- Visitors must be appropriately attired.
- We ask that all conversations be positive in nature.

**Family Counseling:** Sessions are scheduled by the client’s clinician. (on site/by phone/secure video link)

**Special Visitation-Holidays**: On the following holidays: New Year’s Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas there is special visitation from 2:00 – 4:00 p.m.

*See ACT Admission Handbook for full policies/info*
SMOKING CESSION INFORMATION

A Smoker’s Expectations for Quitting

Within 20 minutes: Blood pressure, pulse rate, & temperature of hands & feet drop to normal

8 hours: Carbon monoxide level in blood drops to normal & blood oxygen increases to normal

24 hours: Chance of heart attack decreases

48 hours: Nerve ends begin to re-grow & ability to smell & taste improves

2 weeks to 3 months: Circulation improves, walking becomes easier & lung function increases up to 30%

1 to 9 months: Coughing, sinus congestion, fatigue & shortness of breath decrease

1 year: Smoking-related excess risk of heart disease drops by half

5 years: Lung cancer death rate of the average former smoker decreases by half

10 years: Lung cancer death rate is now similar to that of a non-smoker

15 years: Risk of heart disease is that of a non-smoker

There is help for QUITTERS!

Contact the American Lung Association of Kansas at 1-800-586-4872

For information about Freedom From Smoking®

The American Lung Association’s highly successful stop smoking program is available three ways:

- As a seven-session clinic through hospitals, health departments and others
- In a self-help manual
- In a free, on-line version at www.ffsonline.org
Acquired Immune Deficiency Syndrome (AIDS) is a deadly, incurable disease which weakens the natural human defense systems. There are stages to the AIDS disease process:

A. Carrier State - A person has been infected with the human immunodeficiency virus (HIV) and can pass it on to others but has no physical symptoms of the disease.

B. AIDS - Severe infections, primarily pneumocystis carinii pneumonia and Kaposi's sarcoma, overcome the patient's weakened defense mechanisms. The AIDS virus itself is not fatal - it is the infections that cause deaths.

AIDS is passed from one person to another:
- Through sexual intercourse (including oral sex)
- Through blood (including shared needles)
- From an infected mother to her unborn child

AIDS is NOT passed in any of the following ways:
- Hugging, shaking hands, or kissing
- Use of toilets, sinks, bathtubs, or swimming pools
- Sneezing, coughing, or spitting
- Sharing bed linen
- Using dishes, utensils, or food handled by a person with AIDS
- Pets or insects
- Donating blood

Persons who participate in the following activities are at high-risk of contracting AIDS:
- Injected drug use
- Sex with prostitutes, homosexual or bisexual men, IV drug users, or sex with many different partners
- Infants of high-risk or infected mothers

To help control the spread of AIDS everyone should practice the following:
- Do not have sex with a known AIDS patient, someone who has a positive HIV test, or someone who is in the high-risk category. Remember that your partner might not tell you about such risks.
- If you do have sex with any of these persons, use a condom (latex) and nonoxynol-9 (spermicide).
- Do not use IV drugs. If you do, do not share your "works." If you share, rinse twice with bleach, then twice with water.
- Do not have sex when you are high or drunk to avoid risky sexual behavior.
- Make sure you know your sexual partner well - do not have sex with prostitutes or many different partners.
- Have an HIV screening test before becoming pregnant.
- If you are in a high-risk group, do not donate blood, sperm, or organs

A simple screening blood test will tell you if you carry the HIV virus. If this test is positive, there is a second confirmation test to determine if you are infected.

Johnson County Health Department provides walk-in HIV and sexually transmitted infection (STI) screening at two area locations:
- Mission – 6000 Lamar Ave, Suite 140 (913-826-1200)
- Olathe – 11875 South Sunset Dr., Suite 300 (913-894-2525)

Or contact your local Health Department

For more information contact the Kansas AIDS Information Line (1-800-232-0040) or the Red Cross Hotline (1-800-342-AIDS).
**TB INFORMATION**

**Definition**
- Tuberculosis (TB) is a chronic bacterial infection that can spread through the lymph nodes and blood stream to any organ in the body but is most often found in the lungs. Active TB disease can be fatal if left untreated. Once a widespread disease, TB became relatively rare with the use of antibiotics developed in the 1950’s. Recently, the disease has resurfaced in a new form called multi-resistant TB.

**Transmission**
- Although TB can be quite contagious since the bacteria that cause TB are transmitted through the air, it is nearly impossible to catch TB through a single, social contact with an infected person. Touching someone who has the disease does not spread it. To be at high risk of infection, you must be exposed to the TB bacteria constantly by living or working in close quarters with someone who has an active case of TB.
- Most people who are exposed to TB never develop symptoms. In 90% to 95% of cases, the bacteria lie dormant within the exposed individual and never cause any further problem.

**Risk and Symptom Assessment**
- During your intake assessment, you will be asked a series of questions about your exposure to TB and possible symptoms to determine whether you should be referred for TB testing or other interventions.
- Your risk for having TB is higher if you have had contact with someone who is infected, if you are homeless, if you were born or had an extended visit in an area of the world where TB is common, if you have lived or worked in a residential facility (correctional facility, nursing home, treatment program), if you have HIV/AIDS or have had sexual contact or shared needles with someone who is HIV/AIDS infected.
- Symptoms of active TB include a persistent cough; sputum production or blood with the cough; unexplained loss of appetite or sudden weight loss; fever, chills, or night sweats for no reason; persistent shortness of breath; increased fatigue, or chest pain. Any suspected or confirmed case of active TB must, by law, be reported to the local public health department.

**Testing and Diagnosis**
- A simple skin test is available to detect individuals who have been or are infected with the TB germ. Those who have been infected have a reaction (test site becomes swollen). A positive reaction does not mean the person is ill or contagious to others. It means that the germs causing TB have been or are present in the body. If a person has a positive test, additional laboratory testing and x-ray examinations are necessary to determine if the individual has active TB.
- Johnson County Health Department provides walk-in tuberculin skin testing at two area locations or contact your local Health Department:
  - Mission – 6000 Lamar Ave, Suite 140 (913-826-1200)
  - Olathe – 11875 South Sunset Dr., Suite 300 (913-894-2525)

**Treatment**
- With treatment, the chances of full recovery are good. Although treatment protocols vary, they generally share three principles:
  - The regimen must include several drugs to which the organisms are susceptible.
  - The patient must take the medication on a regular basis.
  - Medication therapy must continue for a sufficient time.

For more information contact the Kansas Department of Health and Environment – TB Control Program (785-291-3732) or the National Center for Disease Control (800-311-3435).
REducing Injection Drug Use Risks

The Centers for Disease Control and Prevention recommends that people who inject drugs should be regularly counseled to take the following actions:

- Stop using injection drugs.
- Enter and complete substance use treatment, including relapse prevention.

For injection drug users who cannot or will not stop injecting drugs, the following steps may be taken to reduce personal and public health risks (HIV and hepatitis infection):

- Never reuse or “share” syringes, water, or drug preparation equipment.
- Only use syringes obtained from a reliable source (such as pharmacies or needle exchange programs).
- Use a new, sterile syringe each time to prepare and inject drugs.
- If possible, use sterile water to prepare drugs; otherwise, use clean water from a reliable source (such as fresh tap water).
- Use a new or disinfected container (“cooker”) and a new filter (“cotton”) to prepare drugs.
- Clean the injection site with a new alcohol swab prior to injection.
- Safely dispose of syringes after one use.

If new, sterile syringes and other drug preparation and injection equipment are not available, then previously used equipment should be boiled in water or disinfected with bleach before reuse. More information on reducing risks associated with drug infection is contained in the “HIV Prevention Bulletin: Medical Advice for Persons who Inject Illicit Drugs” (May 9, 1997).

Persons who continue to inject drugs should periodically be tested for HIV and hepatitis. For information on locating an HIV testing site, visit the National HIV Testing Resources web site at www.hivtest.org/.
ALCOHOL USE and PREGNANCY INFORMATION

Is it okay to drink during pregnancy?

- No. There is no time during pregnancy when it is safe to drink.
- When a woman drinks alcohol, her baby does too.
- There is no safe level of alcohol you can drink during pregnancy.
- All alcohol is bad for your baby. A 12-oz. can of beer has the same amount of alcohol as a glass of wine or a shot of straight liquor.

I drank before I knew I was pregnant. What should I do now?

- Stop now! The sooner you stop drinking, the better it will be for both you and your baby.
- Make sure you get regular prenatal checks and tell your doctor or nurse you have been drinking.

What are the effects of drinking alcohol during pregnancy?

- If you drink alcohol while you are pregnant, you can hurt your baby’s brain, heart, kidneys, and other major organs.
- Your baby could be born with a problem called fetal alcohol spectrum disorders (FASD).

What are the symptoms of fetal alcohol spectrum disorders (FASD)?

- Some babies born with FASD have faces that do not look “normal.”
- Some babies with FASD may be small and not weigh as much as other babies.
- Some babies with FASD will have mental retardation.
- Other babies with FASD will have a hard time learning and controlling how they act.

If I drank when I was pregnant, does that mean my baby will have FASD?

- It is not always easy to tell if a newborn baby has FASD. It typically takes time to determine whether the baby has FASD.
- Even if a baby does not have all the problems of FASD, the baby may be born with related problems if the mother drinks while she is pregnant.

Is there a cure for FASD?

- There is no cure for FASD.
- If children with FASD get help early, they may do better. If you think your child has FASD, or if you drank alcohol while you were pregnant, talk with your child’s doctor as soon as possible.

Where can I get prenatal counseling and care?

If you do not already have an obstetrician, contact your local health department. The Johnson County Health Department (JCHD) offers prenatal services to Johnson County residents at its Olathe location at 11875 South Sunset Drive, Suite 300. Appointments are necessary. For information or an appointment, call (913) 826-1200. Fees are assessed on a sliding fee scale. Partial payment can be made. No one is denied service due to inability to pay.

Advanced Registered Nurse Practitioners, Registered Nurses, social workers, and dietitians work closely with OB/GYN physicians from the University of Kansas Medical Center. Delivery and hospital services are provided by the University of Kansas Medical Center.

Pregnancy test and counseling services include:

- Physical examinations on admission, through pregnancy, and postpartum
- Laboratory testing
- Assessment and counseling with social workers and dietitians
- Adoption services referral
- Individual/group prenatal education
- Postpartum home visits
- Birth control education and natural family planning