

CEDAR LODGE FACILITY
INFORMATION FOR ASSESSMENT/ADMISSION CLIENTS

- You are encouraged to participate in the weekly Recovery Outreach group each Wednesday at 10:00 a.m. until your scheduled appointment.
- You will be asked to bring a processing fee of \$300.00. You may qualify for a discount for treatment services once your income has been verified. All clients will be charged a processing fee of \$300.00, which is non-refundable. No individual shall be denied admission due to inability to pay this fee.

GENERAL INFORMATION CONCERNING WHAT TO BRING TO TREATMENT

- You will want to bring casual clothing only: such as trousers/khakis or jeans, you may not wear sweat pants, lounging/pajama type pants, shorts, halter tops, tank tops or body suits outside your bedroom.
- You will need to bring your own bath/face cloths and towels.
- You will need to bring a set of sheets (twin beds), pillow and pillow case, coverlet/quit and/or blanket.
- Cedar Lodge provides laundry facilities and supplies at no extra charge to the client.
- You will need to bring your personal toiletry items, i.e., shampoo, toothbrush, toothpaste, deodorant, shaving equipment, etc.
- You will need to bring a phone card for long distance calls (can be purchased locally or directly from Amazon for \$5) and stamps and envelopes for letter writing. You will also need to bring pen/pencil and paper to take notes on while in group and/or other treatment services.
- You may bring tobacco products (excluding vapes)/coffee as long as it is sealed in the original container/box.
- You are not allowed to bring any food or beverages into your room. If you have special dietary needs those can be discussed with our cook and/or your counselor. You are allowed to have chewing gum and hard individual wrapped candy in your room. You may want to bring money for the soft drink and/or snack machine.
- Perfumes, colognes, after shave, nail polish/polish remover, mouth wash containing alcohol, will be placed in a locked area upon your entering treatment; these will be returned to you upon completion of the program.
- Handheld and/or electric razors, shave creams or gels, hair spray, hair gels and hair dryers will be kept at the desk. You will have access to them for short term usage and they will be returned to you upon discharge.
- Toothpaste, lotion/cream, shampoo, conditioner, deodorant, soap/body washes and sanitary products (tampons, pads, etc.) may be kept in your room.

MEDICATIONS

Any prescription or OTC (over the counter) medications taken while in treatment will need to be approved by our agency prior to entering the program. If you do not bring a 21-day supply of medication to the facility, you must have the ability to refill that medication and someone who is willing to bring that medicine/refill to this facility. Medications must have signed doctor's orders that match label on the prescription bottle. This includes OTC medications. These orders must be signed by a physician or a nurse practitioner. The signature of an office staff member or stamped signature is not acceptable.

For example: If your prescription bottle says:

1. Lisinopril 20 mg take one tablet daily. The signed doctor's order should say Lisinopril 20 mg daily or take one tablet daily.
2. Ibuprofen 200 mg two tablets as needed every 6 hours. Doctor's order should say Ibuprofen 200 mg take 2 tablets as needed every 6 hours. If this is specified for headache, it can only be taken for headache. It cannot be used for any other reason. (Even though this is an over-the-counter medication, this medication still requires a label just like a regular prescription with signed doctor's orders that match the label on the prescription bottle).

Family Support Information

Find an Al-Anon group near you: [Al-Anon Meeting Search - Al-Anon Family Groups](#)

Nar-Anon meeting near you: [Find a Meeting — Nar-Anon Family Groups](#)

Naloxone (Narcan) is a prescription medication used to reverse an opioid overdose. Opioids are substances such as heroin, fentanyl, or prescription pain medication. To receive your free Narcan kit, you may go to <https://www.jcdh.org/SitePages/Programs-Services/CommunityHealth/SubstanceUseandAddiction/NaloxoneTrainingReg.aspx> or scan the QR code below. Once you watch a quick video on how to administer Naloxone, you can complete the online form to get your certificate. There are 3 options to get your free naloxone kit:

- Have kit mailed to you
- Pick up kit at Jefferson County Department of Health, 1400 6th Ave South, Birmingham, AL
- Pick up kit at a participating pharmacy

