

Congratulations on your decision and thank you for choosing us to guide you on this important part of your journey.

Our goal at Cornerstone Recovery Center is to provide you with the skills needed to live a happy, healthy and prosperous life, free from drugs and alcohol. Our treatment team deals not only with the addiction, but also with the underlying issues that are contributing factors to this insidious disease. We aim to give each client the appropriate amount of time and attention needed to assist you in finding a new way of life. Our program treats you as a whole, by focusing on the mental, physical, emotional and spiritual components of your well-being. Our program is individualized to meet your specific goals and those of your family.

We support your decision to join our family at Cornerstone Recovery Center and look forward to working with you and your family to make your treatment a positive experience.

Please confirm your reservation and travel arrangements with us as soon as possible. We request confirmation and travel details at least 2 days prior to the admission date to guarantee your reservation.

We suggest that you purchase a one-way or open-ended airline ticket that permits date changes in the event that you decide to extend your stay. A representative of Cornerstone Recovery Center will meet you at the airport. Please provide us with the flight number, airline carrier and dates of travel. Our friendly staff member will meet you at the baggage carousel on the first floor of the airport. Our representative will identify themselves by holding a limousine service style sign with your first name only. In the event that you will not be using air travel, please communicate this to our staff so that appropriate arrangements can be made.

Cornerstone Recovery Center is located at 3223 NW 10<sup>th</sup> Terrace, Fort Lauderdale, Florida 33309. If you wish to view our general location, the following link to MapQuest has been provided: [www.mapquest.com](http://www.mapquest.com). We are only a few miles from Ft. Lauderdale beach.

We have attached additional important information for your review. We look forward to your safe arrival.

## WHAT TO BRING:

- If you have not made payment arrangements, a personal check, credit card, cashier's check, certified check or cash will be expected upon your arrival at Cornerstone Recovery Center. Please note that most debit cards have daily limits which might restrict your ability to meet your financial commitment. Your payment upon admission is non-refundable.
- Driver's license, passport or other government-issued photo identification.
- Insurance card if utilizing your insurance benefits during your stay.
- A list of all medications and the daily dosages that you have been taking. Bring sufficient medication for your travel plus 3 days. Authorized medications will be distributed through our pharmacy. We will attempt to bill your insurance carrier for these medications. Please bring your pharmacy benefits card and a credit card for co-payments, co-insurance and amounts not covered by your insurance. If you have an advance directive, please also bring it with you.
- List of emergency contact(s) as well as the names, addresses and phone numbers of family members, doctors, psychiatrists, counselors, attorneys and anyone else who has been involved in previous treatment(s) or that you would like to be involved in your treatment. Our Case Management Dept. will assist you in all outside matters that require attention during your stay at Cornerstone Recovery Center.
- It is suggested that you have a credit/debit available for medication co-payments and incidental charges.
- Please limit yourself to one large suitcase and one carry-on bag of clothing. Laundry facilities are provided at the residential units. Attached are suggested packing lists:

**SUGGESTED PACKING LIST**

	Undergarments
	Sleepwear
	Beachwear- including bathing suit and beach sandals; hat and beach towel optional
	Exercise clothing for use at the Gym
	Sneakers or gym shoes and socks
	Comfortable leisure-wear for everyday (you will be sitting for up to 1 ½ hours at a time during groups)
	Light-weight jacket or sweater for evenings and air-conditioned rooms
	Comfortable shoes
	1 or 2 outfits in the event that there is a Dance or other function we attend as a group
	Bathrobe
	Personal toiletries – MUST BE ALCOHOL FREE – Please read the contents. Makeup, deodorant/antiperspirant, body lotion, shampoo/conditioner, blow dryer, razors, shaving cream, SUNSCREEN, tanning lotion, etc...
	Cigarettes, other tobacco products
	An IPod or mp3 player that DOES NOT have access to the Internet, for listening to music.
	Books, magazines and other items to use during leisure time are permitted.

South Florida summers are can be hot. Our winters are mild at worst. If arriving from a location north of Florida, pack lightly. Heavy jackets will only be needed for travel purposes. Please follow the weather in South Florida for a few days prior to your arrival. Should you need assistance, you may call us for advice.

**PLEASE DO NOT BRING:**

Our intent is to provide a safe environment for all of our clients, therefore we ask that you leave behind any of the following:

- Inappropriate clothing such as
  - Drug or alcohol “logo” clothing
  - Excessively tight-fitting clothing
  - Sheer or revealing clothing
    - For example: no shirts that show the belly
  - Mini-skirts or micro-shorts
- Items exceeding \$100 in value as a general rule. A safe, locked location is provided where credit cards, checkbooks and cash may be stored.
- Jewelry
- Cosmetics or toiletries that contain alcohol
- Nail polish, nail polish remover, nail glue
- Perfume, aftershave, cologne or hair spray as these items normally contain alcohol
- Caffeine products, energy drinks, energy pills, vitamins, weight loss or weight gain supplements or aids, or any other over-the-counter medication or product. (coffee is provided)
- Weapons of any kind including pocket knives and utility knives.

*The following items are to be turned over to a staff member and put in the safe upon intake and will be returned upon discharge:*

- *Credit and Bank Cards*
- *Checkbooks and cash and/or any other form of negotiable funds*
- *Any item of value (i.e. exceeding \$100.00 value)*
- *Any alcohol based product*
- *Passports*
- *Medications of any type*

We want to provide you with the highest level of safety and treatment progress. Your commitment to recovery will be demonstrated by your ability to cooperate with others and your willingness to participate on all levels of the treatment process. We applaud your decision to seek recovery and remember --- WE DO RECOVER