



What to Bring to Treatment

Clothing

Please bring only one week's worth of clothing. Bring appropriate clothes and closed toed shoes for the season, gym, and outdoor recreation.

- No gang attire (colors) or sagging pants.
- No bare midriff, short skirts or shorts, strapless tops or high heels are allowed.
- No advertising of drugs, drug use, violence, or discrimination of any kind.

Bedding

Bedding and pillows are provided. No bedding or stuff animals are allowed, even if it is new.

Personal Grooming & Hygiene

Hairspray (non-aerosol), hair gel, toothpaste, shampoo, deodorant, lotion, make-up, combs, and brushes are allowed. Patients may bring electric razors, although Fora Health supplies disposable razors to patients.

- Products containing alcohol in the first three ingredients are not allowed.
- No glass of any kind is allowed.

Medications

ALL MEDICATIONS MUST BE APPROVED BY FORA HEALTH as there are some we do not allow. If you are taking prescription medications, please bring a 30-day supply of each with you to treatment. Over-the-counter medication or multi vitamins will be only accepted when unopened with the seal intact. Not all over-the-counter medications or vitamins are approved. If you have any questions about medication, please feel free to contact the medical coordinator at 503-535-1150 x1153.

Entertainment

You may bring appropriate reading material and a personal CD or MP3/Ipod/nano player (no screens or internet capabilities) to use during your free time.



Prohibited Items

- Fora Health is a tobacco-free facility, no smoking, chewing, or vaping.
- Condoms, bandanas, or eye drops.
- Permanent or dry-erase markers, including sharpies.
- Nutritional supplements, or food products of any kind.
- Anything that produces heat or flame, or is flammable, including but not limited to lighters, candles, incense, fireworks.
- Electronics including but not limited to radios, TV's, cell phones, pagers, electric toothbrushes, or extension cords.
- Anything that connects to the internet or is capable of audio and/or visual recording. Fora Health computers available in the dorm or school may not be used for email or social networking sites.
- Glass items, including but not limited to mirrors and framed pictures.
- Glue, liquid bleach, and aerosol containers of any kind.
- Items that are gang-related, including colors, or items that display images or themes that are racist, sexist, homophobic, or belittling of any individual or group, including self-drawn pictures.
- Any picture or image of human beings that doesn't meet the Fora Health dress code, including self-drawn images.