

Peaceful Spirit Intensive Residential Program

What to Bring?

Please consider the following when preparing to come to Peaceful Spirit

- Smoking, or use of chew, is allowed only during designated outside areas.
- If you take prescription medication, you must bring a 50-day supply in the original, labeled, prescription container. Any over-the counter medications should be in sealed, unopened containers. You may bring a doctor's refill authorization if needed, and cost of refill is client's responsibility.
- Please notify us if you have any food allergies.

ABSOLUTELY NO:

- Weapons of any kind
- Clothing that advertises or glorifies drugs, gangs, violence, nudity or alcohol, or clothing that is revealing or suggestive.
- Cell-phones, pagers, radios, walkman-type devices, video games. The only electronic items allowed are electric shavers, toothbrushes, hair dryers or curling irons.
- Expensive jewelry, large amounts of cash or other valuables

Recommended items include:

- Casual clothing for one or two weeks. Washers & dryers are available. Avoid bringing too much clothing, as you will be sharing a room and drawer space with others.
- A set of loose fitting, comfortable clothing for exercise – 3 x week at Sun Ute Recreation Center.
- Comfortable shoes/boots for daily walks.
- A water bottle if you would like water available while you are on walks.
- Personal hygiene items.
- A phone card if you will need to make any long-distance calls.
- Stamps and envelopes.
- You may bring photos of family or loved ones.

Please call the Intake Coordinator at 970-563-4555, if you have any questions