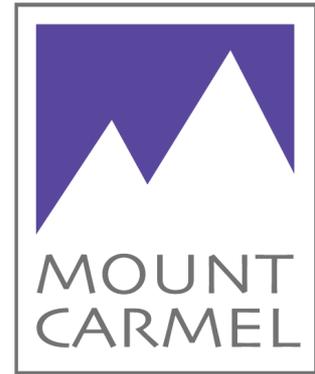

Coming to Mount Carmel – what to bring and what to expect

Like most treatment centres, Mount Carmel has a list of what to bring, what not to bring, and what happens when you enter treatment.

The list is based on long experience of what works best to help you into recovery. We ask you to respect the list, and take that first essential step of saying “My way didn’t get me sober, however much I wanted to, so I’ll do it your way”.



What to bring with you for the Residential Programme

You will need to bring to Mount Carmel:

- your own clothes
- toiletries and towels
- sportswear, such as t-shirts, shorts, tracksuit bottoms, trainers and socks, for use during exercise sessions and yoga
- any prescribed or over-the-counter medication you use, which you need to discuss with the staff on arrival.

There are laundry facilities available for your use. You will be allocated a washing slot in liaison with your peer supporter and the house leader.

What to leave at home for both Residents and Day Clients

Please do not bring any of the following to Mount Carmel:

- alcohol or illegal substances
- electronic communication and media devices including all mobile phones/Blackberrys, laptop computers, handheld PDAs, iPods and other MP3 players, and games machines
- cameras (including video cameras) or any other recording devices
- mouthwash with alcohol
- valuables such as jewellery, credit cards or a large amount of cash with you. The exceptions are that you may wear your wedding ring, plain stud or sleeper earrings or costume jewellery during your stay.

Staying the course

Your treatment programme is individually designed to provide you with the maximum help in the time we agree with you at the start. For this reason, you are expected to stay for the full 3-month or 6-month programme that you have agreed to.

In order to get to know your peers and the local area, each resident will, for their first month, be required to have another resident with them whenever they are out of the house.

We also require your active participation in all the varied aspects of the programme, and to join in with all the other clients, your peers, in the running of the house.

Finally, we ask you to bring a willingness to listen, to learn, to consider other ways of doing things, to make new friends and to interact with people in a new way, and to change your life for the better. In our experience, you won't get well unless you do!