Southeast Missouri Behavioral Health does not discriminate in employment on the basis of race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age or status as a protected veteran, or military status.

Southeast Missouri Behavioral Health, Inc.

Admissions: 1-800-455-5749

What to Bring to Treatment

We are pleased that you are considering entering Southeast Missouri Behavioral Health for help with your substance abuse/co-occurring problem. In order for your treatment stay to go more smoothly, we are providing you with the following information:

Things you will need to bring:

- Current Picture ID (State ID or Driver’s license)
- Proof of Missouri residency (Any letter/bill from a government agency or utility invoice with your name and current address)
- Personal Hygiene Items
- Towels, Washcloths. (Laundry detergent and facilities are provided)
- Prescription medications (please bring 30 day supply in their ORIGINAL containers)
- Over-the-counter medicines (OTC) must be in a NEW, UNOPENED container.
- We provide all bedding such as blankets, sheets & pillows. (NO extra pillows without doctor written prescription.)
- Clothing (Please limit changes of clothing to 5 complete sets. Make sure that nothing advertises alcohol or drugs and no short-shorts, tank tops, muscle shirts, sandals, etc.) Storage for excessive belongings is not available. PLEASE, LIMIT BELONGINGS TO NO MORE THAN 2 BAGS OR SUITCASES.
- You may bring stamps for outgoing mail.
- Calling cards for outgoing calls. **Cell phones are NOT allowed on premises.**

Rules that you need to know:

- If you bring a cell phone to the facility, you will be asked to leave it with a family member prior to their departure or it will IMMEDIATELY be mailed to your home address. We do not allow cell phones to be stored on premises.
- Cigarettes if you smoke (smoking is allowed outside in designated areas only during specified times).
- Clients are discouraged from parking their vehicle at the Center, permission to do so must be approved by the Director.
- NO outside food except hard candy. (There are snack and soda machines on premises.)
- NO Televisions or VCRs, No video (VHS) or DVDs.
- Audio players with headphone are allowed in room only. No iPod, iPads or Laptops.
- No DRUGS or ALCOHOL allowed on premises.
- No knives, pocketknives, etc. They will be confiscated and then discarded.
- We expect respect for staff and all other clients.
- NO sexual acting out (this includes hugging or kissing); NO fighting or horseplay.
- Clients are discouraged from bringing in large sums of money or valuables, and do so at their own risk, SEMO BH is not responsible for safekeeping of any items.
- **GROUP ATTENDANCE is MANDATORY.**

Visitation: Upon completion of a scheduled family session, visitation approval will be considered by the clinical team.