



Our Mission

To transform lives, giving hope and healing to those affected by alcohol or drug addiction.

Preparing for Admission

- Arrive to campus at least 15 minutes prior to the appointment time.
- A **driver's license or valid photo ID** and **insurance/pharmacy cards** are needed for patient registration. A **credit card** is also needed to be kept on file for pharmacy charges.
- **Prescription medications that are currently being taken should be brought.** Over-the-counter medications (Motrin, Tylenol, Neosporin, vitamins, supplements, CBD products, etc.) should be left at home. Controlled substances and/or paraphernalia will be destroyed. Expired medications must also be destroyed.
- **Valuables should be left at home.** Cash, credit cards, etc. can be kept in our financial department's safe if needed. Generally, \$10 to \$20 in spending money per week is enough for incidentals.
- We can provide transportation to our campus from the Nashville airport and local bus station. Contact us to make those arrangements.
- If driving to campus, we ask that a support person drive. If there are any transportation safety concerns, please contact us so we can assist.
- We ask that the support person stay here during the admissions process, approximately 2 hours.
- Cell phones may be used during the admissions process. After admission, they are securely stored until discharge.

Upon Arrival for Admission

- Upon arrival to campus, please stop at the Welcome Center. Security will provide directions to the Admissions parking lot. After parking, follow the signs to Admissions and check in with the Receptionist. Luggage can be brought in at this time or our staff can assist if needed.
- Patients meet with a nurse for an initial screening to assess for immediate healthcare needs. An admissions counselor will then meet with the patient and family to discuss treatment and clinical needs.
- Admission paperwork will be completed at this time and releases signed for people that will be involved in the treatment and recovery process.

*Below are packing guidelines for Cumberland Heights. We ask that belongings be limited to **two pieces of luggage**. **Multi-pocket backpacks** may be used for luggage but must remain in patient rooms after admission. They may not be carried on campus. A **single-compartment drawstring backpack** or tote bag to carry personal items may be used. These can be purchased in our bookstore if needed.*

What to Bring

- **Modest, comfortable clothing and shoes that are appropriate for all types of weather.** Shirts should cover the shoulders and midriff. Pants or other clothing should be free of holes or rips. Yoga pants are allowed, but we ask that a longer tunic length shirt be worn over them. Tennis shoes are needed for some activities. An umbrella or other rain gear.
- **Seven days' worth of clothing.** Cumberland Heights provides washers, dryers, and detergent for all residential programs. A laundry bag is also suggested to help carry clothes to the washroom.
- **Unopened, alcohol-free, and aerosol-free** personal hygiene/cosmetic products. Note: Products that are considered alcohol-free must not have alcohol listed in the first three ingredients. This also includes: ethanol, ethyl, methyl, ethylene glycol, isopropyl, methanol, stearyl, cetearyl, or propyl. For safety reasons we ask that hygiene products and clothing not be shared.
- The use of **tobacco products** is discouraged, but unopened packs of cigarettes may be brought. Smoking is permitted in designated areas only.
- **12-step, religious, or spiritual reading materials** may be brought in. Therapeutic coloring books, plastic crotchet and knitting needles are allowed, but we ask that any puzzles, games, or other arts & craft materials be left at home including markers and sharpies.
- **Cell phone, charger, and headphones** - Patients have limited access to their cell phones on certain days and at designated times.

What Not to Bring

- **Other electronic devices are prohibited** – This includes smart watches, cameras, computers, tablets, heating pads/blankets, or any other electronic devices except cell phones.
- **Weapons are prohibited** – This includes guns, pocket-knives, mace, straight razors, metal fingernail files, etc.
- Electronic/vapor producing products, loose tobacco, pipes, cigars, open cigarettes, open dip, or refillable lighters are not allowed.
- Clothing is to be free of words, designs, or logos related to alcohol, drugs, sexual behavior or any offensive material. Caps, hats, or hoodies are to be removed while inside buildings. Bandanas and body jewelry should be left at home.
- Perfume, cologne, aftershave, body spray, nail polish/remover, and teeth whitening strips should be left at home.
- Cleaning supplies are to be left at home including disinfecting wipes, hand sanitizer, and air fresheners.
- Musical instruments should be left at home unless approved by the treatment team. Professional musicians may speak with staff about time for practicing.
- Do not bring dryer sheets. Detergent, linens, towels, and blankets are provided.
- Please leave hemp products, sexually explicit material, condoms, and marital aids at home.
- Please leave outside food, candy, mints, gum, and beverages at home.
- Over-the-counter medications (Motrin, Tylenol, Neosporin, vitamins, supplements, CBD products, etc.) should be left at home.