

# NORTH CAROLINA DEPARTMENT OF PUBLIC SAFETY

## Alcoholism and Chemical Dependency Programs

### Black Mountain Substance Abuse Treatment Center for Women

#### Authorized Personal Property

##### Specific personal items needed by residents:

##### Clothing –

- 5 Bottoms (pants, jeans, shorts, capris, skirts – any combination). Dresses count as two items - one bottom and one shirt.
- 5 Shirts (T-shirts, long-sleeve, etc. – any combination)
- 3 Undershirts and/or tank tops **NO SPAGHETTI STRAPS**
- 2 Pairs of pajamas (top and bottom or nightgown – any combination)
- 10 Pairs of underwear
- 10 Pairs of socks
- 4 Bras (sports bras are not allowed)
- 3 Outerwear items (sweater, sweatshirt, light jacket, winter coat – any combination)
- 1 Bathrobe must be at least knee-length (length must reach mid-knee cap or below)
- 1 Pair of tennis/walking shoes
- 1 Pair of bedroom slippers
- 1 Pair of shower shoes (flip-flops)
- 1 Pair of other shoes (no wedges/heels, boots above mid-calf, open toes or sandals)
- 1 Belt
- 2 Hats/head scarves (includes winter and summer items)
- 1 Pair of gloves (colder months)

##### Personal Items –

- 10 Hygiene items (i.e. toothpaste, shampoo, body wash/soap, shaving cream, razors, lotion, deodorant, tampons/pads, Q-tips, hair treatments, etc.) – any combination
- 10 Makeup Items (i.e. Lip balm, eye liner, foundation, mascara, compacts, etc.) – any combination
- 10 Personal Care items (i.e. Hairbrush/comb, toothbrush, nail clippers, tweezers, makeup brushes, emery boards, etc.) – any combination
- 2 Pairs of glasses or sunglasses
- 1 AM/FM Radio (MUST HAVE HEADPHONES)
- 4 Writing/mail supplies (box of envelopes, book of stamps, writing paper/tablet, pens/pencils – any combination)
- 1 Wallet or change purse and 1 pocketbook (Purse) no larger than 12”x12”
- 1 Journal
- 1 Combination or keyed lock
- 1 Mesh laundry bag
- 2 Books (religious, recovery-related or educational only)
- 3 Hobby/craft items (i.e. Non-toxic markers, crossword/puzzle books, yarn/thread, plastic crochet hooks/knitting needles, coloring books)

## **Authorized Jewelry –**

Residents are permitted jewelry items up to the following quantities:

- 1 Watch
- 2 Rings (a wedding and engagement ring count as 1 ring)
- 1 Bracelet
- 1 Necklace
- 2 Earrings (no larger than a silver dollar, no longer than one inch)

**8 total jewelry items**

**Lockers** – bring a lock and key or a combination lock to place on an assigned personal locker.

**Money** – Vending is located at the facility. Snacks and stamps can be purchased. A Trust Fund Account is available for residents who receive money from home (money orders and bank checks will be accepted. Cash, personal checks and business checks will not be accepted). Residents may withdraw up to \$40.00 per week and there is no limit on the amount of money a resident may have in their Trust Fund Account.

**Reading materials** – Limited to religious, recovery oriented and educational material, with a maximum of 3 books. No other reading materials are allowed. There are two libraries at the facility for additional reading material.

**Recreational items** – Walkman radios with headphones and sunglasses are permitted.

**Medication** – If the resident is taking prescription medication(s), this should be discussed with medical staff prior to admission. Bring a 90-day supply of all prescription medications. Do NOT bring over-the-counter medications.

**Miscellaneous** – If telephones at home are blocked for collect calls, calls to these numbers will not be possible. Residents must have family/friends set up a GTL advance pay account before contact by telephone can be made. GTL can be contacted by telephone at 1-883-230-7761.

## **NO FOOD FROM HOME IS ALLOWED**

All personal effects will be inventoried upon admission; items deemed inappropriate will be disposed of according to program policies and procedures.