



3200 W 4th St. Sioux City, IA 51103
712-258-4578

Women and Children's Center Item List

Appropriate Clothing (8-10 sets)

****Prepare for seasonal changes**

- Pants
- Tops (No attire promoting alcohol/drug usage, no gang related attire, and no tank, tube, halter, or muscle tops exposing midriffs or cleavage showing)
- Bathrobe and pajamas
- Swimsuit with private parts covered
- Coat, mittens, scarf, boots
- Undergarments and socks
- Limited jewelry (**We are not responsible for lost items**)
- Feet must be covered (**Shoes are required in kitchen area**)

Additional Items to Bring

- A complete list of all prescribed medications
- 30 day supply of prescription medications
- Social security card, Photo ID/Driver's license, Medicaid/T-19 card, WIC folder

Acceptable Personal Items (You will need to provide)

- Glasses and/or eye contacts
- Shampoo/conditioner (**Alcohol free**)
- Other hair care products (**No aerosol cans**)
- Soft nail file and/or metal finger nail clipper without file
- Alarm clock
- Body soap, toothbrush, toothpaste, deodorant, perfume, makeup, curling iron/hair dryer
- Sanitary napkins/tampons
- High efficiency laundry detergent
- Phone card
- Optional
 - Small radio or CD player
 - Your own pillow/blanket/or comforter
 - Cigarettes (one month supply unopened), stamps, envelopes
 - Spending cash (\$1 bills, quarters)
 - Monthly planners
 - Photos

- Razors

Items to Bring for Children

- Child records (Birth Certificates, Social Security Card, Insurance Cards, Title 19 cards, immunization records)
- FIP and Food card if applicable, WIC folder
- Stroller
- Car seat (if needed)
- Appropriate seasonal clothing and winter wear if needed (one week of outfits)
- Approved WIC supplies, extra formula, bottles, bottle brush, diapers/wipes/diaper rash cream, baby food, breastfeeding supplies
- Age appropriate, non violent toys for children and books (no play-doh)
- Please do not bring candy or fruit snacks for children

Unauthorized Items- Do Not Bring Please

- Q-tips
- Caffeine products (pop, coffee, energy drinks, chocolate)
- Douche solutions
- Reading materials not relevant to treatment
- Food, except for approved WIC items
- Candy
- Nail polish and polish remover
- Perfume or body sprays containing alcohol
- Cell phone (Will be placed in storage and used only when approved as a senior peer)
- Ceramic or glass items (Picture frames, mirrors)

All items are to be checked in with staff upon entering the unit for search and approval. Any unauthorized items brought on the unit will remain in storage.

Family Programming/Visitation

- Family members are approved by clinical staff and referral source, and invited to attend family programming by the patient
- Family Day is scheduled the 2nd and 4th Friday of each month from 9am-2pm
- Family Group is offered the 1st and 3rd Sunday of each month from 1:30-3:30pm followed by visitation from 3:30-5:30pm
- Programming starts on time and it is required family be here at 9am to participate
- Appropriate, courteous behavior is expected including respecting confidentiality of all group members and refraining from derogatory language
- All packages/gifts brought by family need to be approved by staff
- Visitors/family are not allowed in patient rooms

General information for Family Members and Patients

- Patients are not approved to leave the unit until achieving senior peer status (exceptions need to be approved by staff)
- Items can be dropped off for patients to the business office during the hours of 8am-5pm Monday through Friday only
- Patients can call family members during personal/private calls which are allowed for 10 minutes every other day