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Dear Future Resident,

We would like to thank you for choosing the Sid Martin Bridge House at Meridian Behavioral Healthcare to assist you with your substance abuse treatment needs. We look forward to providing you with personalized, comprehensive care focusing on health, recovery and wellness.

Our treatment team includes clinical staff from a variety of backgrounds all specializing in the treatment of addictive disorders and concurring mental health concerns. Our team includes licensed clinicians, master level counselors, recovery counselors, recovery specialist, nurses and physicians. Our staff is dedicated and passionate about recovery, creating a welcoming and, more importantly, safe environment in which to establish the foundation of recovery. Our emphasis on this foundation is what sets us apart from other programs, as we strive not to be a quick or temporary fix, but to be a first step towards life-long recovery.

In order to move forward with admission into our residential treatment program, we need you to provide us with the following documents:

- A health history and physical exam completed by a medical provider in the last 30 days
- The results of a TB testing completed in the last 30 days indicating you are negative
- A complete list of all medications you are currently taking (prescription or over counter)
- Proof of income to determine your copay responsibility. Proof of income includes any of the following:
  - Paystub for last 30 days
  - Income tax return from the most recent tax year
  - Letter of benefits (food stamps/Medicaid)
  - Proof of unemployment
  - Notarized letter from someone that has been assisting you with food or shelter
- A letter from you explaining why you are seeking residential substance abuse treatment services. Please include information on your use including substances used, age when you started using, frequency/amount of use, and date you last used for our doctor to review.

Attached you will find information that will be helpful in preparing for your admission to our residential treatment program.

Again we would like to thank you for choosing The Sid Martin Bridge House at Meridian Behavioral Healthcare to assist you with your treatment needs.

Sincerely,

Carrie C. Glebe, LMHC  
Director of Residential Services



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Wellness is Within Everyone's Reach



# Admission to the Bridge House Program Checklist

Thank you for your interest in the **Sid Martin Bridge House** program with Meridian Behavioral Healthcare. The following packet contains everything you need to apply for admission into the Bridge House program. Please read this packet carefully and complete all parts before returning it to your Admission's Counselor.

Please use the following checklist to guide your process. Documents can be submitted via email, fax, or in-person.

- Review the attached documents** to insure the program will fit your needs.
- Call Meridian's Access Center** at 352-374-5600 option 2 between 7:30am-8pm Monday-Friday to be screened and assigned a counselor
  - My counselor is \_\_\_\_\_
  - Extension: \_\_\_\_\_ or x5155
  - Email address: AccessCenter@MBHCI.org
  - Fax number: (352) 244-0308
- Submit a recent (less than 30 days old):**
  - Tuberculosis Test
  - Physical

If you have a Primary Doctor, they can fax these records to (352) 244-0308. If you don't have Primary Doctor, you can contact our Primary Clinic at (352) 374-5600 x8990 for services. Let the clinic know you are applying to the Bridge House program and bring your packet with you to the appointment.

- Submit List of current medications** (prescription or over the counter)



- **Submit a letter** explaining why you're interested in Bridge House; please include information on your substance use (substances used, age when you started using, frequency, amount and date you last used).
- **Complete financial counseling.** This step will happen after the above paperwork has been submitted and approved by our doctor. If you do not receive a phone call from a Financial Counselor within 3 business days of submitting your completed paperwork, contact your admissions counselor.
- **Keep updated phone number on file and make contact every 30 days.** At this point, you will be added to Bridge House's waitlist. We will contact you as soon as a bed becomes available. Your counselor has no control over bed placement. You will be responsible for keeping an updated phone number on file with us. You will be removed from the waitlist if we cannot contact you.

We look forward to working with you and thank you again for choosing Meridian Behavioral Healthcare.

Sincerely,

Access Center Team



# Brief Bridge House Orientation

The following is a brief overview and is not intended to be a complete orientation to the program or a review of all the rules/procedures of the program. A complete orientation is completed during your 1<sup>st</sup> week of treatment.

1. There is no tobacco use allowed at Bridge House as we are a tobacco free program. There are no smoke breaks and the use of tobacco and e-cigarettes are not allowed at any time.
2. You are encouraged to purchase nicotine replacement products that will be held by the nurse for your personal use during your treatment. If you cannot afford to purchase these, please contact the QuitLine at 1-877-822-6669. They will provide you with a 30 day supply of replacement products at no cost.
3. During your first 7 days, you are not allowed any offsite passes or visitors.
4. After 7 days, passes are limited to recovery support and transition planning.
5. You are not allowed to have cell phones, laptops, or tablets.
6. You may have a MP3 player with headphones for use during approved times.
7. You are required to apply for food stamps as an individual. These stamps are for Meridian use as allowed under the law to offset food costs. If you currently have an open case as a family, they will have to reapply separately.
8. If you are on Subutex or any other narcotic medication, please be aware that the dosing protocol for Residential treatment is to crush the tablet prior to administration.
9. If you are on Subutex or any controlled substances and leave treatment without successfully completing the program, those medications may held and destroyed by order of the doctor.
10. You are required to attend ALL treatment groups and ALL 12-Step Meetings provided at Bridge House.



## Things to Bring & Not Bring

Staff will search all property including suitcases, purses and clothing. Food and drinks are not permitted. Clients are assigned shared closets and dresser space to organize a limited amount of clothing and/or personal items. If these closets/drawers become overcrowded, staff will require excess clothing/personal items are sent home or donated to a clothing bank.

### Hygiene Items

- Basket for hygiene products
- Shampoo/conditioner/oil
- Deodorant
- Make-up in a small case (8.5x5.5x2)
- Unscented lotion
- Soap/shower gel
- Toothpaste
- Toothbrush
- Alcohol free mouthwash
- Brush/comb
- Hair dryer & 1 styling tool
- Facial cleanser/moisturizer

### Clothing

- 2 – 3 Night gowns or pants/shirt
- 1 Robe
- 1 pair slippers
- 7 – 10 outfits appropriate to weather
- 8-10 pair of underwear
- 8-10 pair of socks
- 1-2 pair of casual shoes
- 1 pair of sneakers
- 1 pair dress shoes
- 1 pair of shower shoes
- 1 light weight sweater/coat
- 1 heavy coat/jacket (if winter)

### DO NOT bring clothing that is:

- Tight, has a low/plunging neckline, low-rider pants, tube tops, halter tops, spaghetti straps, and/or see through shirts/dresses/skirts.
- Sleeveless shirts/tank tops (unless they have a 2.5" or wider shoulder)
- Shorts, skirts, and dresses that are shorter than 4" above the knee

***Any clothing that is not appropriate will be sent home.***

### Personal Items

- 2 – 4 small framed pictures
- 10 loose pictures or other items for bulletin board
- Religious or Recovery reading material
- Hard individually wrapped candies
- Nicotine replacement (gum, patches, or tablets) 30 day supply
- MP-3 or other small music device with earbuds
- Long distance card if needed
- Pens, Pencils, notebook, paper
- \$20 in small bills for vending machine if desired
- Glasses/contacts if needed
- Limited small amount of jewelry (wedding ring, earrings and single necklace) that you will be wearing

### MEDICATION

**Bring at least a 30 day supply of all prescribed medications.**

### Identification

Please bring:

- FL ID or Driver's License
- Social Security Card
- Insurance or Medicaid Card

### We Provide:

- Sheets, blankets, pillows, towels, & wash clothes
- Transportation for Emergency
- Medical, Court (local), & approved passes
- 3 meals plus snacks
- Television
- Washer/Dryer & Detergent

### DO NOT BRING:

- Cigarettes/Tobacco/E-cigs
- Food, drinks, sodas, or candy, etc.
- Over the counter medication
- Books, Videos, Magazines
- Credit Cards/Bank Cards
- More than \$20 cash
- Perfume, cologne, after shave, scent lotions, or other scented items
- Tablets, laptops, cell phones
- Weapons or items that can be used as such
- Pornography
- Anything with drug/alcohol pictures/slogans
- Bedding or linens