Required for Admission:

- **Prior to your admission**, an email will be sent to your inbox regarding registration into our Patient Portal, My Recovery Compass. Please follow the link and instructions in the email to register.
- Patient’s must provide one valid identification.
  - If a valid ID is not provided on admission, patients have 72 hours from admission to provide the ID in order to continue participation in the program. Valid forms of ID include:
    - Driver’s License or State Identification from any U.S. state or territory; a State Government Issued Certificate of Birth, a U.S. Active Duty/Retiree/Reservist Military ID Card or a Passport from any country
  - If a Social Security Card, a Certificate of Citizenship, or a Certificate of Naturalization is provided, a secondary form of identification will be required
- Bring your insurance card(s), your prescription insurance card(s) (if separate) and a credit card for pharmacy charges.
- Bring your cell phone. It will be used during registration and then stored within safekeeping for the duration of your stay on the residential treatment unit. You will have access to computers and land line phones. If you will be making international calls, please bring a calling card. Local and long distance calls are at no charge.

Medication:

- Please bring a 30-90 day supply of all prescription medication(s) in the current prescription bottle(s) with the exception of any mood altering or controlled substances. Any mood altering or controlled substances are not allowed upon admission, including prescriptions. If they are brought in, they will be destroyed.
- We allow only provider prescribed vitamins and/or supplements. If prescribed by a provider, they must be in an unopened, sealed bottle, or in an original prescription bottle. Open bottles will be destroyed upon admission. If not in a prescription bottle, you must have written proof that the supplement/ vitamin was prescribed by a provider.
- Any products containing CBD or its derivatives will be confiscated and destroyed.
- Do not bring herbal remedies, muscle-building supplements or energy drinks.
- Please do not bring any medication, pills or supplements in baggies or medication holders with loose medication or mixed in a single bottle. Do not bring in expired medication. If they are brought in, they will be destroyed.
- Our medical provider will determine which prescription medication(s), over-the-counter medication(s), vitamin(s), and/or supplement(s) will be continued upon admission. Medication(s) related to detox only are included in detox rates. For all other medication(s), patients are responsible for obtaining any necessary refills or new medications prescribed during treatment. We have a local retail pharmacy which can accommodate this need or work with your home pharmacy to transfer prescriptions if needed. Patients are responsible for prescription payment directly to the retail pharmacy, via credit card.
- If diabetic, have a chronic viral illness, or any specialty medical conditions/medications, including injectable medications, please bring in a month’s worth of equipment and supplies. If additional
supplies are needed after admission and the local pharmacy cannot provide them, we will ask you have them shipped from home.

- Bring your insurance card(s), your prescription insurance card(s) (if separate) and a credit card for pharmacy charges.

**What to Bring:**

- Casual clothing (about a 5-7 days’ supply) along with exercise clothes and a light sweater or sweatshirt (Laundry items such detergent, towels and linens are provided). Dress code is casual and comfortable, but should not be revealing or provocative. No clothing or items should reference drugs or alcohol or anything potentially offensive to someone.
- All toiletries must be low in alcohol. You may bring items such as non-aerosol hair spray, alcohol free mouth wash, body lotion, and sunscreen.
- Please bring your own cigarettes, cigars, and chewing tobacco as we do not sell them on campus.
- We recommend bringing between $150-200 of personal money. We are unable to cash any checks.
- Swimming pool on-site. Bring appropriate swim attire.
- Please bring your alarm clock (no clock radios).
- Patients with recent PPD skin test results or chest x-rays testing for tuberculosis (TB) are advised to bring a copy with them to avoid a retest. California law requires all patients be screened for TB exposure.
- If you have an advanced directive, please bring a copy of it.
- You may bring personal literature to read along with paper, pens, and pencils for note taking.
- If on probation or parole out of state: please bring a copy of your travel permit and/or interstate compact.
- Reasonable quantities of factory-sealed snacks (cookies, chips, etc.) that do not require refrigeration are allowed.
- Please contact your HR department to obtain required documentation if you are planning to use FMLA and/or Short-Term Disability.

**What not to bring:**

- Sporting/exercise equipment, Television, iron, weapons, pornography, expensive jewelry, heating pads, electric blankets, butane fuel lighters and any electronics with internet access or camera (other than cell phone).
- Perfume/cologne, essential oils, aftershave, hair color, nail polish remover, nail glue and aerosol containers.
- Nicotine cessation products, cigars, loose tobacco products and clove products. If brought, they will be destroyed. Butane fuel lighters are not allowed.
- E-cigarettes and vape devices are now considered hazardous waste and will be disposed of on admission.
- Energy bars/drinks, protein powders/bars and vitamin drinks.
Travel Information:

Please be sure to arrive on campus at least 15 minutes prior to your appointment time

- If flying, Betty Ford Center does not offer transportation services. We recommend flying into Palm Springs and using Emerald Transportation Service at 760-772-4888 or Desert Cities Cab at 760-328-2227, as these companies offer BFC reduced rates upon request. Arrangements need to be made in advance to ensure availability.
- If driving, please follow the signs for admissions and park in one of the designated parking spots for patients and families.

Upon admission:

- You will complete admissions paperwork, including a privacy practice notice discussing your rights as a patient receiving alcohol and drug treatment services. You will also receive a drug screen at this time.
- Medical staff will assess you for detox upon admission. Once medically stable, you will transfer to the treatment unit.
- If you are designated as a priority admission, you will be sleeping on the medical unit until a bed is available on the treatment unit. During this time, you will be allowed to participate in treatment programming.
- Smoking is allowed in designated areas only. You may request nicotine cessation products from our nursing staff.
- If you are diagnosed with an Opiate Use Disorder, our medical staff will prescribe a Narcan Kit for you through your pharmacy benefits. You may be required to cover some portion of the cost, based on your pharmacy benefits. You will be given your Narcan kit upon your discharge from our facility.
- Betty Ford Center is able to accommodate requests for vegetarian diets; however, we are unable to accommodate for a true Vegan diet at this time.
- Betty Ford Center is a training institution. Health care professionals, medical students, medical residents, Fellows and other professionals may be observing and/or participating in the care and treatment patients receive while at the Betty Ford Center.
- Betty Ford Center makes every effort to provide you with high quality care; however, there are situations in which we may not be able to meet your needs in this setting. If necessary, we will provide you an appropriate referral or transfer.
- Betty Ford Center has a zero tolerance policy regarding drug use while in treatment. You will be required to submit to a search of luggage and personal items. Any patient found to be hiding or storing addictive substance is subject to immediate discharge.

Family/Visitor Information:

- The best way to leave non-emergency messages for patients is via personal email. Responding to emails is done using provided computers, where availability is based on the unit of which you are assigned.
- One family member is included in the Family Program with the cost of treatment. Contact the Family Program office at 760-773-4114 to register.
- Children ages 7-12 may participate in the Children’s Program. Patients will be offered opportunities to meet with Children’s Counselors while in treatment. You may also contact the Children’s department at 760-773-4291 to register.
- Family members may send mail to the patient. Our address is PO BOX 1560, Rancho Mirage, CA 92270. Letters must be addressed to Betty Ford Center including the patient’s legal name, otherwise letters will be returned to sender. Mail received after discharge will be returned to sender.
- Visiting hours are Sundays 12:00pm-4:00pm. Visitors will need to check in at the Daniels Building entrance. All items brought in by visitors will be checked by staff prior to distribution. Family pets, home-baked goods and any electronic devices except cell phones are prohibited. Visitors are not allowed to smoke on campus. Pictures are not allowed to be taken while on campus.