

ADMISSIONS & PACKING GUIDE

What to Expect Before You Arrive

Lighthouse Admissions
(855) 934-1100 | info@lighthouse-treatment.com

WHERE TO GO

Please coordinate your arrival with our Admissions team to ensure proper scheduling for intake.

Facility	Address
Anaheim Campus	1320 W Pearl St Anaheim, CA 92801
Outpatient Center	320 N Wilshire Ave. Anaheim, CA 92801
San Diego CRC	3880 Rosecrans St, San Diego, CA 92110

WHAT TO EXPECT

Our compassionate intake team provides a calm, welcoming transition into care. We begin by gathering the essential medical, clinical, and personal information your treatment team needs to care for you well. Then we walk you through the program, answer your questions, and provide the information and materials you need to feel oriented and prepared.

From there, we help you settle into your room and get comfortable. Meals are provided, medication needs are addressed as part of your care, and support staff are available around the clock. A medical or psychiatric provider will evaluate you within 24 hours so treatment can move forward with a clear understanding of your needs.

ITEMS TO PACK

Item	Details
Comfortable Clothing	Modest, comfortable clothing for 10 days. Laundry is available.
Athletic Clothing	Athletic shoes and workout clothes for gym activities.
Hygiene Items	Personal hygiene products with no alcohol-containing ingredients.
Current Medications	Current prescriptions in original bottles, plus a prior medication list.
Photo ID	Valid California or other state-issued identification.
Insurance Card	Current insurance card.

Item	Details
Spending Money	Cash or gift cards for personal shopping.
Cigarettes & Disposables	Cigarettes, disposable vapes, and vape juice must be unopened.
Regular Vapes	Allowed. Vape juice is tested upon arrival.

APPROVED OVER-THE-COUNTER MEDICATIONS

Requirement	Details
OTC Containers	Any personal OTC medicine must be in its original, brand-labeled bottle.
Prescription Bottles	Prescription medications require original prescription bottles. No exceptions.
Unlisted OTC Medicine	Requires a doctor prescription stating why it is needed and the frequency.

Medication	Approved Strength / Amount
Benadryl / Diphenhydramine	25 mg, 1 tablet
Daily Multivitamin	1 tablet
DayQuil	2 tablets or 2 TBSP (30 mL)
Docusate Sodium / Colace	100 mg
Famotidine / Pepcid AC	20 mg
Gas-X / Simethicone	125 mg
Ibuprofen	200 mg
Loratadine / Claritin	10 mg
Magnesium Citrate	10 oz
Melatonin	10 mg
Milk of Magnesia	Approved and provided
Nauzene	Approved and provided
Pepto-Bismol	Approved and provided
Tums	1,000 mg
Tussin Mucus & Chest Congestion	Approved and provided
Tylenol	500 mg
Valerian Root	450 mg
Naproxen	220 mg
Loperamide	25 mg
Triple Antibiotic Cream	Approved and provided
Hydrocortisone Cream	1%
Omeprazole	Approved and provided

ITEMS NOT TO PACK

Item	Details
Laptop Computers	Laptop computers are not permitted.
Weapons	Weapons are prohibited.
Narcotics/Paraphernalia	Narcotics, illegal drugs, and drug paraphernalia are prohibited.
Expensive Jewelry	Expensive jewelry should remain at home.
Other Valuables	Leave unnecessary valuable items at home.

VISITING POLICY

Item	Details
Visiting Day	Clients may have visitors on Saturdays.
Family Therapy	Visitors are required to participate in family therapy.
Group Meetings	Visitors are required to participate in designated group meetings.

CELL PHONE POLICY

Item	Details
Detox	Personal cell phone privileges are not available during Detox.
3-Day Blackout	Residential phone privileges begin on day 4.
Weekday Access	Phones are available during designated times Monday through Friday.
Off-Site Activities	Personal cell phones cannot be taken off site.
Lay-In Status	Phones must be surrendered while a client is on lay-in.
Late Phone Return	Late phones stay checked in until the next scheduled release.
Schedule Purpose	Builds time management and keeps treatment programming first.

QUESTIONS BEFORE ARRIVAL?

Our Admissions team is here to help you prepare, answer questions, and make your arrival as smooth as possible.

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