



**Purpose:**

To outline the residential contraband policy to stakeholders.

**Application:**

Applies to all residential locations within MBH.

**Policy:**

1. Meridian Behavioral Health shares a list of items which may or may not be allowed in residential facilities during treatment. The purpose of these lists is to ensure the safety of the patient community as well as all staff.
2. All patients and visitors are required to abide by this policy.
3. Staff are not permitted to use contraband items in the presence of patients, unless required for a specific work purpose.
4. Any items in the facility are subject to being searched, stored, or confiscated for the safety of the community.
5. Contraband and Under Supervision items will be documented in the patient's record. Return or destruction of items will be documented in the patient's record.
6. Patients will be provided Contraband Policy no later than time of admission.
7. Visitors will be provided with the list of items allowed and not allowed in residential facilities prior to visiting hours and/or reviewed prior to them entering the facility.
8. At each facility, this policy will be posted and available for review by patients, visitors, and staff.

**Procedure:**

A. **Contraband:** The following items are not allowed in MBH facilities. Personal items may be sent home with referent or other concerned person at the start of your stay. Weapons, illegal items, non-permitted substances and food items, as listed below, will be confiscated, secured, and/or destroyed. Contraband substances, drug containers, and drug paraphernalia will be forfeited, and either destroyed by staff or given over to the custody of local law enforcement in accordance with 42 CFR Part 2. Law enforcement will be consulted for the potential surrender or securing of weapons, explosives, and other items that may cause serious harm to self or others. MBH staff will notify patients of the action taken and their right to reclaim any lawful property upon discharge. Without a release of information on file, staff are generally not permitted to disclose to Law Enforcement the identity of the patient.

a. Substances

- i. No drugs, drug paraphernalia, or alcohol.
- ii. No instant coffee.
- iii. No vapes of any kind.
- iv. No chewing tobacco.
- v. No Zyns or other nicotine pouches.
- vi. No nicotine inhalers or intranasal spray
- vii. No opened loose leaf tobacco packages or packages of cigarettes.
- viii. No Nicotine Patches.
- ix. No products containing CBD oil or alcohol.



- b. Food and Drinks
  - i. No open food or drinks of any kind are allowed.
  - ii. No perishable foods: any food that spoils or decays if not refrigerated.
  - iii. No fruit.
  - iv. No food items in glass jars.
  - v. No canned items.
  - vi. No energy drinks or canned coffee
  - vii. No protein shakes, bars, or meal supplements unless a doctor's order is provided.
  - viii. No aerosol food products (i.e., spray cheese)
- c. No personal over-the-counter medications.
- d. Weapons
  - i. No weapons of any kind including but not limited to pocketknives, pepper spray and other personal safety devices.
- e. Electronics
  - i. No DVD players, portable DVD players, or game systems of any kind.
  - ii. No Bluetooth speakers or stereo systems.
  - iii. No humidifiers, or dehumidifiers.
  - iv. No smart watches, smart rings, or other personal devices with a camera, internet connection, or that has audio/video recording capabilities.
  - v. No fragrance wall-plug ins.
  - vi. No Electric toothbrushes, electric waterpik, and teeth whiteners.
- f. Clothing
  - i. No provocative clothing (body must be well-covered).
  - ii. All leggings must be paired with shirts that are long enough to cover the buttocks.
  - iii. No clothing or bandanas of any kind with chemical use or gang related slogans including but not limited to bars, casino, swearing, or related graphics.
- g. Personal Care Items: **all products must be alcohol free.**
  - i. No hairspray in spray-pump bottles unless it's alcohol free.
  - ii. No needles, sewing kits, push pins, safety pins, etc.
  - iii. No metal nail files.
  - iv. No pumice stones or pedicure tools.
  - v. No perfume, body spray, or unmarked containers of any kind.
  - vi. No nail polish, nail polish remover, acrylic nail sets, glue on nail kits, nail glue, manicure tools, etc.
  - vii. No super glue, oil-based paint, or sharpies
  - viii. No eyelash curlers
  - ix. No aerosol products of any kind.
- h. Miscellaneous
  - i. No keys of any kind.
  - ii. No tarot cards or poker chips.
  - iii. No Skateboards, roller blades, or bikes.
  - iv. No rugs of any kind (unless for religious/cultural purposes).
  - v. No personal workout equipment (i.e., dumbbells, weights, weighted vests, etc.)
  - vi. No pornographic material or sex objects (dildo's, vibrators, masturbation items) of any kind.



- vii. No glass or ceramic items.
- viii. No air fresheners, candles, warmers, incense, etc.

**B. Under Supervision:** Under Supervision items will be stored in a staff area, sometimes held until a set time for use. You must return the items to the RS or Nursing staff immediately after use. If it is found in your room, it will be taken away, and you may not be able to use this for the rest of your treatment. All products must be alcohol free.

- a. Razors
- b. Hair Clippers
- c. Shaving cream
- d. Nair or hair removing products
- e. Personal sage or other smudging materials
- f. Workout bands
- g. Cell phones, tablets, laptops are generally only permitted under direct monitoring from a member of the treatment team (counseling, MHP, or CPRS staff, with Treatment Director permission) for a specific, therapeutic purpose.
  - i. In some programs, patients may earn access to their electronics after advancing in treatment and graduating levels.
  - ii. Individual facilities may have additional rules or access guidelines prior to any electronic use; however, all electronic use must be:
    - 1. appropriate: no speaker phone, playing music/sound for others to hear, no inappropriate language, etc.
    - 2. During facility-set staff observed electronic times - times will not change to accommodate patient schedules.
    - 3. ensuring confidentiality: No pictures, videos, or voice recording are to be taken.

**C. At Facility Discretion:** The following items are only allowed at some Meridian facilities or under special circumstances. Check with staff/Treatment Director at the facility.

- a. Hair dryers, curling irons, flat irons
- b. Fans
- c. Night lights/heated blankets/sound machines/etc.
- d. Suitcases, duffle bags, totes, tote bags, crates, boxes, etc.
- e. Craft supplies, gel pens
- f. Personal pens
- g. Spiritual Items
- h. Musical instruments (i.e. guitar, drums, harmonica, keyboards, etc.).
- i. Personal essential oils
- j. Headphones for MP3 players or iPods – allowance of noise cancelling headphones will be at the facility discretion.
- k. Smart glasses: must be accompanied by a provider order

**D. Approved Items:** Approved items are kept in your room or locker. Any item may be taken away if it is being misused or interfering with yours/others treatment.

- a. 2 grocery bags worth of food at a time in factory packaging, un-opened, non-perishable.
  - i. Crystal light, non-caffeinated Mio, or other individual packs of drink flavoring.
  - ii. Coffee creamer, non-dairy only.



- iii. All food must be stored in a sealed bin, locker, or lockbox, at facility discretion. Food may not be kept out in the patient room.
- b. Personal Coffee Mugs: Plastic only
- c. Personal Care Items:
  - i. 1 small make-up/hygiene bag
  - ii. Lotion, Deodorant, Shampoo, Conditioner: without alcohol
  - iii. Make-up: Alcohol Free Only
  - iv. Make-up remover without alcohol
- d. 1 Pillow: Will be washed and dried, unless new in the original packaging
- e. 1 Blanket: Will be washed and dried, unless new in the original packaging
- f. Laundry basket or bag
- g. 7 outfits worth of clothing (including PJs)
  - i. Other items brought to the facility will be sent home or stored until your discharge.
  - ii. Items cannot be traded out at any time.
- h. Recommended no more 2-3 pairs of shoes and 1 pair of shower shoes
  - i. Anything more than this will be placed in staff held until your discharge.
  - ii. Items cannot be traded out at any time.
- i. Tobacco:
  - i. Cigarettes packs must be brand new and unopened. Loose tobacco must be in a new, sealed bag.
  - ii. Nicotine gum or lozenges with provider order.
- j. MP3 players without internet access or a camera. The MP3 player must be already loaded with music.
  - i. Headphones to listen to MP3 player, facility will determine which type of headphones are allowed (noise cancelling vs not)
- k. Books, personal journals, coloring books, pencils/crayons
- l. Playing Cards
- m. Approved, Alcohol-Free Options
  - i. MOUTHWASH
    1. Equate Alcohol Free Refreshing Mint Anticavity Oral Rinse
    2. Scope Sparkle Alcohol Free Mint Splash Flavor Mouthwash
    3. Crest Pro-Health Multi-Protection Mouthwash, Alcohol Free
    4. Crest Pro-Health Multi-Protection Mouthwash, Alcohol Free,
    5. Biotene Dry Mouth Mouthwash
    6. ACT Total Care Fresh Mint Anticavity Fluoride Mouthwash
    7. Colgate Total Advanced Pro-Shield Peppermint Blast Mouthwash
    8. Colgate Optic White White Seal Mouthwash,
    9. Listerine Zero Clean Mint Mouthwash
    10. Equate Lustrous White Clean Mint Multi-Action Whitening Rinse
    11. Crest Pro-Health Multi-Protection Refreshing Clean
    12. Listerine Total Care Anticavity Mouthwash,
  - ii. TOOTHPASTE
    1. Pepsodent Complete Care Toothpaste Original Flavor
    2. Crest Pro-Health Clean Mint Toothpaste
    3. Natural Dentist 903468 Fluoride Free Toothpaste
    4. Crest Complete Extra White Plus Scope Dual-Blast Fresh Breath



5. Crest 3D White Luxe Sensitivity Toothpaste
  6. Close-Up Fluoride Toothpaste,
  7. Aim Toothpaste Gel Whitening
  8. Close-Up Toothpaste Gel
  9. Pepsodent Complete Care Toothpaste Original Flavor
  10. Aim Toothpaste Gel Tartar Control
  11. Aim Cavity Protection Toothpaste Gel Whitening
  12. Aqua fresh Extreme Clean Fluoride Toothpaste, Whitening Action
  13. Crest 3D White Brilliance Toothpaste
- iii. HAND LOTIONS
1. Lubriderm Daily Moisture Lotion Fragrance Free
  2. Lubriderm Sensitive Skin Therapy Moisturizing Lotion
  3. Aveeno Daily Moisturizing Lotion
  4. Cruel Fragrance-Free Original Lotion for Dry & Sensitive Skin
  5. Cetaphil Daily Advance Lotion
  6. Aveeno Active Naturals Skin Relief Fragrance Free Body Moisturizing Lotion
  7. Malibu Tan for Dry Skin Hemp Body Lotion
  8. QUEEN HELENE Hand & Body Lotion,
  9. Cetaphil Estraderm Lotion,
  10. Vaseline Intensive Care Advanced Repair Lightly Scented Lotion
  11. Burt's Bees Shea Butter & Vitamin E Body Lotion, e
  12. Vaseline Intensive Care Cocoa Radiant Rich Feeling Lotion
  13. OLAY Quench Ultra Moisture Body Lotion
  14. Vaseline Total Moisture Lotion
  15. Curel Ultra Healing Lotion
  16. Equate Beauty Moisturizing Lotion,
  17. Vaseline Intensive Care Aloe Soothe Lotion
  18. NIVEA Extended Moisture Body Lotion,
- iv. DEODRANT FOR WOMEN
1. Mitchum Women Advanced 48HR Protection Shower Fresh Gel
  2. Mitchum for Women Shower Fresh Clear Gel
  3. Degree Women Anti-Perspirant Deodorant Invisible Solid Sheer
  4. Naturally Fresh Deodorant Crystal, 3 oz
  5. Suave Professionals
  6. Secret Outlast Clear Gel Protecting Powder Scent Women's Antiperspirant & Deodorant,
  7. Dove Powder Anti-Perspirant Deodorant
  8. Arm & Hammer Ultramax Unscented Invisible Solid
  9. Suave 24-Hour Protection Anti-Perspirant Deodorant Invisible Solid,
  10. Dry Idea Advanced Dry Antiperspirant & Deodorant Clear Gel
  11. Soft & Dri Soft Scent Aerosol Antiperspirant Deodorant
  12. Sure Wide Anti-Perspirant Deodorant Original Solid Unscented
  13. Almay Anti-Perspirant & Deodorant Fragrance-Free Clear Gel
- v. DEODORANT FOR MEN
1. Mitcham Men Advanced Clean Control Invisible Solid Anti-Perspirant & Deodorant



2. Degree Men Dry Protection Antiperspirant Deodorant
  3. Mitchum Men Roll-On Antiperspirant & Deodorant, Unscented
  4. Degree Men Anti-Perspirant Deodorant Invisible Stick Cool Comfort
  5. Mitchum Men Roll-On Antiperspirant & Deodorant, Unscented
  6. Dove Men Care Clean Comfort Antiperspirant Deodorant,
  7. Axe Phoenix Anti-Perspirant & Deodorant Stick
- vi. SHAMPOO FOR WOMEN
1. Suave Professionals
  2. Nexxus Therappe Shampoo,
  3. Pantene Pro-V Sheer Volume Silicone Free Shampoo,
  4. Prell Classic Clean Shampoo
  5. OGX Renewing Moroccan Argan Oil Shampoo
  6. Prell Classic Clean Shampoo,
  7. L'Oreal Paris Everpure Smooth Shampoo
  8. Pantene Pro-V Ice Shine 2in1 Shampoo + Conditioner,
  9. L'Oreal EverPure Moisture Shampoo,
  10. Head & Shoulders Classic Clean Dandruff Shampoo
  11. Head & Shoulders Clinical Strength Dandruff Shampoo,
  12. TRESemme Naturals Radiant Volume Shampoo
  13. Pantene Pro-V Volume Silicone Free Shampoo
- vii. CONDITONERS
1. Pantene Pro-V Nature Fusion Moisture Balance Conditioner
  2. Organic Hair Care Paraben Free Whenever Conditioner
  3. Aussie Hair Insurance Leave-In Conditioner,
  4. Agadir Argan Oil Daily Moisturizing Conditioner
  5. John Frieda Frizz-Ease Smooth Start Repairing Conditioner
  6. Aveeno Active Naturals Pure Renewal Conditioner,
  7. Burt's Bees Super Shiny Conditioner
  8. TRESemme Naturals Nourishing Moisture Conditioner,
- viii. SHAVING CREAM FOR MEN
1. Vanicream Shave Cream for Sensitive Skin
  2. Donovan Industries Shaving Cream Devon Mist Alcohol Free Thick Formula
  3. Nivea for Men Shaving Gel, Sensitive
  4. Solo Noir Sleek 2-in-1 PreShave + Shave Cream
  5. Dove Men+Care Sensitive+ Post Shave Balm
  6. Donovan Industries Devon Mist Shaving Cream
- ix. SHAVING CREAM FOR WOMEN
1. Pure Silk, Moisturizing Shave Cream for Women
  2. Skin mate Revitalizing Moisturizing Shave Cream

E. **Medical Products:** Prescription medications and over the counter medications will be given to the nursing department at initiation of service. Medication will be administered per the Medical Services policy. Prescribed medications, determined by the medical provider to be contraindicated or harmful, may be discontinued. The patient's personal physician will be notified, if applicable. Prescription medications that were determined by the facility's medical provider to be harmful after examining the patient will not be returned to patient at service



termination except when the patient's personal physician approved the medication for continued use.

- F. **Personal Funds:** Facilities strongly encourage patients to not have more than \$50.00 at a time while in programming. Amounts greater than \$50.00 may be stored in the facility safe in a sealed envelope signed by the person served and a staff witness.
- a. Whenever the facility assists a person served by the program with the safekeeping of funds or other property, the facility must:
    - i. Ensure the separation of funds of persons served by the program from funds of the facility, the program, and/or program staff.
    - ii. Immediately document receipt and disbursement of the person's funds or other property at the time of receipt or disbursement, including the person's signature, or the signature of the conservator or payee; and
    - iii. Return to the person upon the person's request, funds and property in the facility's possession subject to restrictions in the person's treatment plan, as soon as possible, but no later than three working days after the date of request.
  - b. Patients are ultimately responsible for their unsecured funds. Meridian is not responsible for lost or stolen funds.
  - c. The Facility and its program staff will not:
    - i. Borrow money from a person served by the program;
    - ii. Loan money to a person served by the program;
    - iii. Purchase personal items from a person served by the program;
    - iv. Use funds of persons served to purchase items for which the facility is already receiving public or private payments.
- G. **Emotional Support Animals:** Meridian residential facilities recognize support animals as patient property. Limitations related to feeding, health, safety concerns, and the nature of personal property, support animals will not be accommodated within Meridian Behavioral Health residential programs. Service animals are accommodated in accordance with MBH policies.
- H. **Abandoned Property:** Abandoned property will be retained for 30 calendar days. After that period of time, the facility is no longer responsible for the property, and it will be disposed of. Disposal of property will be documented and kept with a copy of the patient's valuables sheet.