



## Lakeshore Frequently Asked Questions and Answers

Q: Can I smoke?

A: Yes, Lakeshore does allow smoking cigarettes in designated smoking areas outside of the building. No vapes or chewing tobacco/pouches are allowed.

Q: Can I have my cell phone?

A: Cell phones are placed in facility safe. Wednesday's during primary group, patients have family engagement time from 2pm-3pm where you are able to access your phone in the group room under staff supervision.

Q: Can I bring my pet/Can my pet visit?

A: No, Meridian Behavioral Health does not allow pets on property.

Q: Can I bring my computer/tablet/gaming system?

A: Any electronics are placed in a locked area. You are unable to use these items while in treatment, however they will be returned to you upon discharge.

Q: When can I have visitors?

A: Lakeshore visitation days and times are Thursday from 6pm-8pm and Sunday from 1pm-3pm. All visitors must have releases of information signed form and be placed on your visitor list prior to visitation. Visitors cannot bring in their cell phones or other contraband items.

Q: Can I bring food/drinks?

A: Lakeshore does allow patients to bring in snacks which are factory sealed, nonperishable, and free of all mood-altering chemicals not managed or prescribed by a doctor (no bakery or homemade food, or refrigerated items allowed). All beverages must be nonperishable and free of all mood-altering chemicals not managed or prescribed by a doctor.

Q: Do you allow marijuana or medical marijuana use?

A: Lakeshore is an abstinence-based treatment program thus use of any mood altering chemicals not managed or prescribed by a doctor is not allowed. Meridian Behavioral Health does not allow medical marijuana use.

Q: Are passes, off property appointments, or coming/going allowed?

A: Lakeshore is a High Intensity Residential Treatment Program thus patients must always remain on property unless with a staff member. Off site passes are not typically part of treatment, however, may be approved on a case by case basis depending on circumstances. Medical appointments may need to be rescheduled depending on the availability of staff drivers.

Q: What if I have court?

A: You will work with your counselor and CPRS staff to reschedule, have the



hearing via zoom, or work with staff for transportation.

Q: Do you provide meals?

A: Lakeshore contracts with New Horizon, who prepare meals on site; 3 meals per day plus an evening snack. If you have a special diet order, food restrictions, or religious restrictions, please inform nursing staff during admission so accommodation can be arranged.

Q: Do you have a workout room?

A: Lakeshore does not have free weights or other exercise equipment. There is an exercise bike in the laundry room. Weather permitting, staff do take patients on walks throughout the week.

Q: Can I bring vitamins, supplements, or protein powder?

A: Vitamins can be brought in, must be unopened/sealed. Supplements may be approved by Linqcare provider during history and physical, however depending on the purpose of the supplement may be stored in locked belongings until discharge. Protein powder and meal replacement/supplements will need a doctor's order.