

Welcome to Shelter Care!

Belonging | Generosity | Mastery | Independence

We at Shelter Care wanted say hello and welcome. This might be a confusing time for you. For some, being here can feel relieving and for others it can be stressful. You may have a lot of questions, some can be answered quick (where's the bathroom?) and some questions might not be ready to be answered (how long will I be here?).

When you arrive:

- You and your guardian will sign paperwork. Money, jewelry, electronics including cell phones and music players, and any other contraband will be sent with your guardian or secured until discharge.
- Your belongings will be checked-in and clothing will be washed and dried. Staff will inspect all items for safety.
- You will meet with a nurse in the first 24 hours to check-in with your health and health concerns. For the first 72 hours your job is to settle in, review the handbook, and complete all paperwork.

Our values: At Shelter Care, Respect, Responsibility and Safety are valued.

This helps all who come here feel welcome and safe. Some of the rules at Shelter Care may be different from what you are used to and that's ok.

Here are a few of our rules:

Respect Means: Respect boundaries (no hugging, touching, etc), and treat others with kindness.

Responsibility Means: Following the daily program and schedule, complete household chores as assigned, attend and participate in school, rec, and group. Doing your best in all that you do.

Safety Means: Being safe with your body, other's bodies and property is really important. If an unsafe situation happens our staff are knowledgeable and will help everyone be safe. It is important to listen to what staff say and stay in their line of sight so they can keep everyone safe.

Belonging is the first value and is demonstrated by being respectful to peers and staff, following staff directions and participating in the program (including rec, group, and chores), and by keeping yourself and others safe by making positive choices.

Mastery is the third value, and is demonstrated by following the program without much staff direction, doing your best in school and day treatment (as well as individual skills and therapy), following medical orders, and abiding by visitation contracts for off site and home visits. You must also continue to demonstrate **belonging** and **generosity**.

Generosity is the second value, and is demonstrated by showing that you work to understand and respect the feelings of those around you and can engage in healthy, and kind interactions with all peers and staff, as well as doing your best in school and day treatment. You must also continue to show **belonging**.

Independence is the fourth value and is demonstrated by displaying healthy and helpful decision making. You are taking responsibility for your own failures or successes, and you hold yourself accountable. Staff are there to coach you toward your own goals in personal programming. You must also continue to demonstrate **belonging**, **generosity**, and **mastery**.

What You May Bring

Up to:

- 9 pairs of socks
- 9 pairs of underwear
- 4 bras
- 2 pairs of pajamas
- 7 pairs of pants
- 7 shirts
- 1 pair of sandals or boots
- 1 pair of tennis shoes
- 6 pairs of shorts (summer only)
- 4 sweatshirts
- 1 pair of slippers
- 1 coat
- 1 comfort item
- 1 blanket
- Hygiene items
- Make up items

What NOT to Bring

- Pillows or bedding
- Any electronics
- Contraband as listed
- Picture frames with glass
- Personal food items
- Toys
- Aerosol or glass containers
- Any valuables