

GEISINGER MARWORTH  
TREATMENT CENTER

Geisinger

# Preparing for your stay

Thank you for choosing Geisinger Marworth Treatment Center to support you in building a life in recovery. Entering treatment for substance use disorder is a big step and can be filled with unknowns and new experiences. This guide lets you know what to expect at Marworth and how to prepare for your time with us.





## General information

You should expect to be at Geisinger Marworth for 28 days. But length of stay is clinically determined, which means your treatment team will gauge how long you should be here to best support your recovery. Insurance coverage can also play a role in your length of stay.

Prescribing professionals who will participate in the residential Healthcare Professional Treatment Program should expect to be in treatment for a minimum of 6 weeks.

When you're admitted, you'll be assigned a Primary Counselor whose name and contact information will also be shared with your loved ones, at your discretion. Your counselor will partner with you throughout your stay to make sure your needs are met.

Marworth's daily program is structured and runs seven days a week. You'll need to participate in all scheduled therapies and activities to complete the program. The daily schedule also includes meal breaks and time for studying, exercise and meditation/prayer.

### A few other notes:

- You'll have access to a fitness center here. Be sure to pack comfortable, casual clothes and sneakers for the gym and recreational therapy.
- You'll have a roommate.
- You can smoke cigarettes or use chewing tobacco here, but we encourage you to speak with your care team about quitting. Any tobacco products you bring must be in new, sealed packages. Vaping isn't permitted. Matches and lighters aren't permitted, either. We provide lighter devices.
- We operate a small gift shop where you can use credit/debit cards to buy toiletries, recovery books, stationary and candy.



## Phone use

Patients can't carry or use their cell phones at Marworth. When you're admitted, we'll place your phone in a locked area so it's safe and ready for you at discharge.

You can use our phones for free during designated times after your first three days in treatment.

If you need your personal phone during your stay, speak with your counselor. They'll let you know if you can use it.



## What to pack for your stay

Limit luggage to one carry-on suitcase and an overnight bag.

Bring five to seven days' worth of machine-washable, casual clothing. This restriction is due to limited closet space and is not indicative of length of stay. Washers, dryers and laundry detergent are provided free of charge.

- Bring all medications with you for admission
- Shirts (e.g., t-shirts, polos, button-downs, sweaters).
- Tank tops can only be worn under shirts.
- Exercise clothing (e.g., shorts with at least a 6-inch inseam, warm-up suits, sweatshirts, sweatpants). Yoga pants and leggings may only be worn with a long shirt.
- Sunglasses (for outdoor use only).
- Pajamas and robe.
- Shoes. Make sure footwear is comfortable, practical and rubber soled. We don't recommend high heels. Sneakers are ideal for recreation and exercise activities.
- Socks and undergarments.
- Jacket or other seasonal/weather appropriate outerwear.
- Raincoat.
- Journal.
- Toiletries including shampoo, conditioner, soap, toothbrush and toothpaste. Products containing alcohol (e.g., perfume, mouthwash, nail polish remover, hair spray) are not permitted.
- Shaving kit or razor with plastic handle/casing if desired.
- Sunscreen lotion (no self-tanners).

- CPAP or sleep apnea machine, if needed.
- Wristwatch and alarm clock (without a radio). No smart watches or fitness trackers.
- Picture ID, insurance card, prescription card.
- Calling cards for international calls, if needed.
- Copy of advance directive/living will.
- Contact information for physicians, family members and others involved in your care.
- Phone numbers for family emergencies.

**Our goal is to keep you safe and maintain a healthy, clean environment. So, don't bring:**

- Laptops or any electronics, including smart watches, music technology and gaming devices
- Musical instruments
- Stuffed animals
- Pillows, blankets, or towels (provided by Marworth)
- Aerosol or alcohol-based products
- Drugs and drug paraphernalia
- T-shirts advertising drugs/alcohol or concerts
- Magazines or newspapers
- Cameras
- Picture frames (photos are permitted)
- Knives, guns or weapons of any kind
- Art and craft supplies
- Scissors or any sharp object
- Food or beverages
- Reusable water bottles
- Exercise equipment
- Any items related to school or work, including reports, papers, products, etc.
- Games or cards
- Hair dye
- Sex toys
- Pornographic or violent magazines, literature or pictures
- Opened or unsealed packages of cigarettes or chewing tobacco
- Matches or lighters

Personal storage space is limited. If you bring too much, we'll send items home with your loved ones. We'll secure any inappropriate items and return them at the end of your stay.

You can have items mailed to you at the address below. All packages will be searched before you receive them.

**Attn: (Patient Name)  
Geisinger Marworth  
PO Box 36, Lily Lake Road  
Waverly, PA 18471**

Your loved ones can also drop off items on Tuesdays, Thursdays and Saturdays. Ask your primary counselor for help arranging this.

## **What to expect when you arrive**

When you arrive, you're welcome to park your car in the front circle to make unloading your belongings easy. Ring the doorbell and let us know you're here for your admission appointment.

A team member will greet you at the front desk. Have your ID and insurance card ready. We'll tag your luggage and ask you to give us any medications, so we can take them to our nursing staff.

You'll next complete some paperwork, then meet with members of the nursing and admissions teams. Security will search your belongings — standard procedure that helps keep us all safe.

With your approval, we'll provide your loved ones with a packet of information.

## **A note about treatment**

We understand that others in your life — such as spouses, significant others or family members — may also need treatment for substance use disorder. While we strive to help as many people as possible, we don't allow relatives and significant others to enter treatment together.

Having a loved one in treatment at the same time can inhibit open, honest sharing and participation. It's also easy to become overly concerned with your loved one's treatment when you need to focus on yourself, so you can be well enough to support the people in your life.

We'd be happy to treat your loved one after you leave Marworth. If waiting isn't an option, our admissions team can recommend other facilities.

**If you have any questions as you prepare to join us, don't hesitate to reach out to our admissions counselors at [800-442-7722](tel:800-442-7722).**

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