WHAT SHOULD I BRING WITH ME?

ID/CAC card
Name, address, and phone number of current and previous therapists and doctors
All prescribed and over-the-counter medication you are currently taking
Medical information regarding any allergies you have to medications, food, or other sources
Comfortable clothing for one week, e.g. jeans, sweatpants, t-shirts, pajamas
Physical fitness clothing, including shoes
Light jacket or sweatshirt as unit temperature may be cool
Hygiene items/toiletries (will be secured)
Appropriate reading material
Unopened cigarettes and/or chewing tobacco (Bring at least a month’s supply of unopened cigarettes and/or chewing tobacco)
Slip on shoes are recommended, however laces can be replaced on unit
Family pictures (no glass frames)
CPAP machine, if prescribed
Cell phones are authorized but will be secured
NO thong flip flops permitted; please only bring slip on sandals to wear

WHAT SHOULD I LEAVE AT HOME?

Personal electronic devices including, but not limited to, TVs, computers, laptops, radios, portable game players, headphones, etc.
Jewelry and other valuables. Wedding rings, watches, and POW/MIA bracelets are authorized
Knives, guns, and weapons of any kind, including pocket knives
E-cigarettes, lighters, matches, and candles
Illicit drugs, alcohol, and any item containing alcohol. Violations will be reported to patient’s referring Mental Health Clinic.
Inappropriate clothing: clothing should not expose midriff or be too tight, too short, too low cut, or have profane, discriminatory or derogatory language, no alcohol or drug glamorization. No underwire bras, nothing with strings, no belts or hats.
Laundry detergent (unless medical necessity)
Rolling papers and open loose tobacco
Glass items and glass containers
Clothing/coat hangers
Personal blankets, pillows, and stuffed animals
Cologne and perfume (unless in plastic container)
Aerosol spray cans
Nail polish and remover
Candy, gum, food items, and drinks
Personal water bottles
Dietary supplements (unless prescribed)
Board games and dice
Violent or sexually related material or inappropriate photos

Emerald Coast Behavioral Hospital
RESILIENCY PROGRAM
Fast Facts Sheet

Emerald Coast Behavioral Hospital
1940 Harrison Avenue, Panama City, FL 32405

850.763.0017
fax 850.763.5486
www.emeraldcoastbehavioral.com

Proudly serving active duty, veterans, and their families.
Emerald Coast Behavioral Hospital
RESILIENCY PROGRAM
Fast Facts Sheet

WHAT ACTIVITIES ARE INCLUDED IN MY HOSPITAL STAY?
Each patient will have a treatment plan designed to meet his or her individual needs

Medications, food, nursing care, and treatment by our clinical team
(psychiatrists, psychologists, licensed therapists and social workers, mental health technicians, nurses, ARNPs)

Daily interaction with mental health providers and regular interaction with a psychiatric clinician

Group and individual therapy
Educational/informative group discussions
Daily physical training
(Certified Physical Trainer, yoga, activity therapy, and fitness center on the unit)

Family therapy
Activity therapy
Discharge planning

Up-to-date and effective evidence-based treatment

DIRECTIONS
Emerald Coast Behavioral Hospital
1940 Harrison Avenue, Panama City, Florida 32405

FROM I-10:
Take I-10 East/West towards Florida Exit 130 (US-231 S/FL-75 S).
Take US-231 South towards Panama City, Florida.
Take slight right onto East 23rd Street. Turn left onto Harrison Avenue. Emerald Coast Behavioral Hospital will be on the left.

FROM US-98 EAST:
Take US-98 East towards Panama City Beach, Florida.
Continue on US-98 East over Hathaway Bridge into Panama City. Turn left onto West 23rd Street/FL-368.
Turn right onto Harrison Avenue. Emerald Coast Behavioral Hospital will be on the left.

FROM US-98 WEST
Take US-98 West towards Panama City, Florida.
Turn right onto Harrison Avenue. Emerald Coast Behavioral Hospital will be on the right.

FAST AND EFFECTIVE COMMUNICATION IS OUR TOP PRIORITY.
To streamline the communication process, referring providers, command, installations, etc. may contact the Military Resiliency Unit directly via:

850.532.6485 MRU direct 850.763.4248 MRU fax