Mayo Clinic
Nicotine Dependence
Residential Treatment Program
GUIDELINES
Welcome to the Mayo Clinic Nicotine Dependence Residential Treatment Program. This eight-day program will address your dependence upon tobacco, combining the best research in human behavior and medicine to help you quit. The Program is designed to provide you with the tools you need to live a tobacco-free life. Classroom lectures, group therapy, individual therapy, and wellness coaching are all a part of your treatment, but the effectiveness of the treatment is dependent upon what you bring to the program. The investment of your energy, focus, and commitment will play just as much of a role in your success as any formal therapy we can offer you, so come prepared to work!

We invite you to begin a journey that starts as you enter this program but continues long after you leave. Remember, we will be there to help you every step of the way. As you prepare yourself for this very important week, please take time to review our guidelines.

Where You Will Stay

The Unit
The treatment unit is located on the fourth floor of the Colonial Building, Mayo Clinic, at the intersection of Center St. and 1st Ave. NW. It is accessible by stairs or elevator, and a desk attendant is on duty 24 hours a day for information and emergency assistance. Each of the private patient rooms in the unit has its own bathroom, telephone, and television. There is a common dining area and an adjacent recreational room complete with computers, books, and games. A refrigerator with freezer, washer, dryer, and microwave are also in the unit for your use.

Building Access
All entrances to Mayo Clinic Hospital, Methodist Campus, including the Colonial Building, are closed at 9 p.m. While you may exit from these doors at any time, when entering after 9 p.m. Please press the buzzer in the Colonial Building entryway for assistance or enter through the Methodist Campus East entrance.

What You Can Expect

Personal Care Independence
All patients must be able to perform personal care independently including toileting, bathing, dressing, eating, and taking/administering medications. If you specifically require a hospital bed, please inform us prior to entering the program and we will have one available for you.

Respectful Dress/Behavior
When choosing to enter this program, you become an important part of the treatment process not only for yourself but for every member of your group. To make the environment as pleasant and supportive as possible, modest dress and decorum are expected. Offensive language, off-color humor, and/or prejudicial behavior are not acceptable and can result in dismissal from the Program without reimbursement of the Program fee.

Carbon Monoxide Testing (CO)
To help you see the physical benefits and to ensure accountability, carbon monoxide testing will take place three times per day and upon return from all off-unit outings without a staff person.

Attendance at Sessions
The benefit you gain from our treatment and educational sessions is proportional to the energy you put into it. Our goal is for you to take to heart what you learn in this program and apply it to your own life. To facilitate this learning process, all patients are expected to attend all scheduled sessions.

What You Should Bring

Prescription Medications
Please be certain to bring with you an adequate supply of all of your regular prescription and nonprescription medications, in their original containers, needed for the entire week.

Personal Hygiene Items
During the first three days of your program you will be limited to staying within the confines of the unit. Please pack personal items accordingly (toothbrush, toothpaste, shampoo, face wash, etc.).

Tennis shoes or comfortable walking shoes

Pillow (optional)

What Is Restricted

Restricted Off-Unit Activities
During the first three days of the program you will be limited to staying within the confines of the unit, except for NDC staff-supervised activities. There are no exceptions. This will provide you with a safe environment, free from exposure to tobacco, and allow you to focus solely upon your treatment needs.

Outside Services
Providers of outside services are not permitted in the Unit (e.g. massage therapists).

Tobacco Use
All tobacco products are to be disposed of at 4:30 p.m. on the first day of the program. Your counselor will collect from the group members all forms of tobacco at that time. No tobacco product use will be permitted during your stay.
Alcohol Use
There is a strong correlation between alcohol and relapse to tobacco. To assist you to stop using tobacco, use of alcoholic beverages will not be permitted at any time during your stay in the program.

Who Will Help You
Counselors/Program Director
Each Program is staffed by a care team consisting of tobacco treatment specialists, physician and nurse practitioner. While you will have regular contact with each member of this team, one of the tobacco treatment specialists will serve as your primary counselor. That tobacco treatment specialist will work closely with you throughout the week to ensure the clinical treatment you receive addresses your individual needs and best prepares you for life after the program. Should you have any questions or concerns during the week, you are encouraged to bring them to the attention of your primary counselor.

Special Needs
Please address specific needs or concerns with your primary counselor at any time during the week. He/she can help answer questions, solve problems or refer you to the appropriate resource including issues concerning family, personal, medical, and dietary needs.

Medical Needs
The care team will meet with you between 7 a.m. and 9 a.m. every morning during medical rounds and will be on call during the day for any urgent needs.

If you are planning to have additional medical appointments while in Rochester, separate from the Residential Treatment Program, these must be scheduled to take place prior to the beginning day of the program or after the program is completed. There will not be sufficient free time during business hours to attend other appointments.

Who Else Will Help You
Family Involvement
Family involvement during the program, especially during family sessions and the recognition ceremony is highly encouraged. Family members may also accompany you to scheduled sessions, except the daily group therapy sessions. Please be aware we do not allow unsupervised children in the treatment program areas and our staff cannot provide supervision of your children.

Visitors
You are welcome to have visitors during your stay. Please inform your counselor when family or friends may be visiting. Time with visitors is permitted during free-time on the schedule. As you plan your visiting schedule please remember that during the first three days of your program (Friday, Saturday, and Sunday), you must remain within the confines of the unit.

While we encourage involvement of family and friends to assist in your treatment program, they may not stay overnight on the unit.

What Will You Do
Treatment Program
The treatment program consists of group and individual counseling sessions, classes, and wellness. The schedule is full each day, beginning at 6:30 a.m. and ending at 5 p.m.

Meals
Breakfast, lunch, and dinner will be served each day on the Unit at the times specified on your schedule. There will also be snacks and beverages available in the dining area. You are welcome to bring your favorite snacks and/or beverages with you.

Wellness Coaching
Patients will have an opportunity to work with a certified wellness coach who will provide both individual and group wellness sessions. The wellness coach will help each patient develop an individualized wellness vision, a goal for optimal well-being, and establish specific steps toward achieving their wellness vision. These wellness goals will help support tobacco free living and will motivate each patient toward healthier lifestyles.

In addition to wellness coaching, patients may include daily exercise sessions as part of their treatment program. The unit includes an exercise room that is equipped with an exercise bicycle, treadmill, elliptical, floor mats, exercise bands, and light hand weights.

What Else Will You Do
Unsupervised, Off-Unit Activities
Beginning on Monday you will be allowed to leave the unit with a non-smoking “buddy” (i.e., another patient, friend, or family member). There are many shopping, eating, and entertainment options in Rochester, including several dozen shops and restaurants within walking distance of the unit. You will be required to:

• Sign in and out whenever leaving for free-time activities.
• Use the CO monitor upon returning to the unit and record your score.

A listing of downtown services can be obtained from the desk attendant. We have a nightly curfew of 12 a.m. While you must return to the treatment unit no later than this time, you are welcome to engage in quiet visiting with fellow patients beyond the 12 a.m. curfew.
**Reading and Viewing Materials**
The patient library is located on the subway level of the Eisenberg Building. Over 1000 DVDs of popular movies are available, as well as CD and DVD players, magazines, books, medical information, and books on tape, all of which may be checked out for personal use. You may also visit the Mayo Patient and Health Education Center on the subway level of the Siebens Building. Pamphlets addressing medical issues are available to the public, as well as a reference library and daily offerings of medical-related films and classes.

Wifi is available on the unit. Please feel welcome to bring your laptops, tablets, e-readers, etc.

The unit is within walking distance to several bookstores and connected through skyways to the public library.

**Mayo Store and Vending Machines**
The Mayo Gift Shop in the Eisenberg Building, Lobby Level, features a variety of magazines, snack items, postage stamps and gifts. The gift shop will hold a particular newspaper for pick up if requested, (ext. 6-7394). The Gonda Gift Shop is located on the lower level of the Gonda Building and offers a variety of apparel, mugs, jewelry, etc.

Vending machines are located in the Colonial Building, 5th floor.

**What Else Do You Need to Know**

**Valuables**
You are responsible for all of your personal property. Mayo Clinic and the Nicotine Dependence Center cannot be responsible for personal items. Each patient room is equipped with a drawer that locks.

**Messages and Mail**
Any messages or mail will be delivered to your room. Mail should be addressed with your name, Mayo Clinic Nicotine Dependence Residential Program, Colonial Building, 3rd floor, 200 First St. SW, Rochester, MN 55905. You can provide friends and family with both your direct-dial room phone number and the phone number of the treatment unit, which is (507) 266-9924.

**Parking**
There are two patient parking ramps. The Damon Parking Ramp is located at Center St. and 3rd Ave., and the Graham Parking Ramp is located at 1st St. NW and 3rd Ave. NW. You may purchase a ten-day pass from the parking ramp attendant. The walking subway connects the parking ramp to the Colonial Building. If you have difficulty walking, you may call Mayo Clinic Escort Services (ext. 4-2188) for assistance.

**Lodging in the Area**
There are numerous hotels connected via subway or skyway as well as many with shuttle services to Mayo Clinic. See the Lodging Guide for options. Note that the four hotels that are highlighted are within 1-½ blocks to the program.

**Tips, Gratuities or Gifts**
The staff of the Mayo Clinic Nicotine Dependence Center takes pride in the service and personal attention they provide their patients. Many of our patients offer gifts as an expression of their gratitude. While we understand and appreciate such gestures of kindness, staff cannot accept tips or gratuities.

A limited number of scholarships for the Residential Treatment Program are available for patients who qualify for financial assistance. If you are interested in making a donation to support a person’s participation in the Residential Treatment Program, please talk to the Program Coordinator who can refer you to the Mayo Clinic Department of Development.

We look forward to working closely with you in this very important and personal journey. Should you have any questions before or during the program please do not hesitate to contact any of our staff at (800) 344-5984. We want your treatment experience to be a successful one and will do our best to make it so. Thank you for choosing the Mayo Clinic Nicotine Dependence Center Residential Treatment Program.