



Handbook



Tuckamore Centre

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Welcome

The Tuckamore Centre is one of Newfoundland's first residential treatment centers. Youth from Newfoundland and Labrador, between the ages of twelve (12) and eighteen (18), are serviced by a team of highly trained and experienced professionals from a number of mental health backgrounds.

Your time at Tuckamore can range from six (6) to twelve (12) months. We understand that deciding to join us here may be a difficult decision for you. We realize that being here may separate you from friends, family, and other important people in your life. Our dedicated team is here to support you and help you feel comfortable as you transition into our new surroundings here at Tuckamore. During your time with us, our team will aim to provide an environment that is safe, structured, and stable.

There are going to be a lot of questions that come up throughout the admission process and throughout your stay. Our hope is that this handbook will address any of those questions and concerns regarding anything that may arise for you and your guardians.

Deciding to come to Tuckamore is a step toward mental recovery. We hope this handbook aids in your transition by providing as much clarity of the treatment process as possible.

Thank you for taking the time to learn more about the Tuckamore Centre.

Our Vision

Our vision is to provide treatment that is respectful, and promotes and protects the rights and safety of youth and their families within the province of Newfoundland and Labrador.

Treatment creates opportunities for youth to experience positive awareness of themselves and a sense of belonging. The establishment of healthy social interactions and behaviors will be supported and encouraged to promote overall mental wellness and freedom from substance use.

Diversity Statement

The Tuckamore Centre respects and values the diversity of people who make up our community. We commit to providing services that are sensitive and responsive to diversity.

We welcome people of all backgrounds and abilities to attend our program as we strive to foster and engage in healthy and respectful relationships between clients, peers, and coworkers, alike.

Confidentiality

You will be asked to respect the confidentiality of other youth of Tuckamore. All information obtained about you will not be shared or released while in treatment or after discharge without you or your caregiver's permission. However, certain limitations apply.

The *Limits of Confidentiality* are as follows:

- In the event that a Tuckamore employee receives a court order, that staff will have to provide information requested by the court.
- If you threaten to harm yourself, or someone else, or to cause any damage to Tuckamore property, or another youth's property, information may be shared with the appropriate person(s) without your permission.
- When an employee receives information from any source regarding the physical, sexual or emotional maltreatment of a child and youth up to and including the age of 17, that information will be reported immediately to the Department of Children, Seniors and Social Development (CSSD) as required by provincial legislation.
- When an employee receives information from any source regarding the physical, sexual or emotional maltreatment of a youth over the age of 17 where there is potential that other children under the age of 17 years may be in need of protective intervention, that information will be reported immediately to CSSD as required by provincial legislation.
- In the event of a medical emergency where the release of certain information will be helpful to your medical care, this information will be shared.

The Tuckamore Centre uses a team approach so consultation may occur with other staff, supervisors, or professionals within your circle of care, to best meet your needs. Necessary information is shared with those on the team to plan the best care for you. Your identity will be protected whenever possible.

Rights & Responsibilities

At the Tuckamore Centre, we believe every client, resident, and staff member has the right to be treated with dignity, respect, and courtesy. We have a commitment to provide a safe environment in which you can work on your treatment goals. During your time at Tuckamore, you have a right to:

- Be cared for in a safe environment;
- Receive the best care that our available resources can provide;
- Receive information and ask questions;
- Discuss options for care in terms and language that you can understand;
- Know the names and roles of those involved in your care and be informed when a student or trainee is participating in your care;
- You have the right to decline treatment;
- Receive sensitive care that respects diversity including age, gender identity, race, sexual orientation, physical and mental ability, health status, life style, faith group affiliation, education, income and housing status, immigration or refugee status, marital and parental status, and degree of geographic isolation, as well as ethnicity, language and culture;
- Have your personal health information protected and treated appropriately;
- Express concerns to your health care provider without fear of affecting your care;
- Be informed about and assisted to access the complaints process for Eastern Health (Client Relations Office: 1-877-444-1399);
- Choose whether to participate in research projects;
- Be informed if unexpected and serious events occur as a result of care;
- Be informed of any financial costs to you or your family.

The Tuckamore Centre engages with you, our clients, patients and residents, as partners with our health care professionals. Therefore, the Tuckamore Centre expects you, to the extent of your ability, to:

- Respect the rights, safety and privacy of others;
- Treat others with respect, dignity, and courtesy;
- Respect diversity within our health care professionals, staff and clients;
- Provide accurate information;
- Identify your needs and bring concerns to staff;
- Ask questions if the information given is unclear;
- Actively participate in your care and discharge planning;
- Cooperate with using the health services best matched to meet your needs;
- Consider carefully the consequences of consenting to or refusing treatment;
- Honour any uninsured financial obligations (see *Billing & Costs*);
- Keep appointments, or notify in advance if unable to do so.

As a teaching institution, Eastern Health, and by extension, the Tuckamore Centre, plays an important role in meeting broader health care needs by providing opportunities for practical and clinical education of medical, nursing and other students and trainees, through observation and participation in patient care under the appropriate supervision.

Billing & Costs. Tuckamore is a service offered to the youth of the province and is covered by MCP. Lodging, meals, weekly personal allowance stipend, and planned outings are included. Any additional cost that any family/caregiver would incur can include, but is not limited to, travel and accommodations for admission, discharge and visitation, clothing, extracurricular activities and personal shopping, and non-prescription medication. Any medication costs associated with insurance copay or dispensing fees will be billed directly to the family/caregiver. In the event a bill is forwarded to the Tuckamore Centre, the family/caregiver will be held liable for outstanding fees against the center.

What does Treatment Look Like?

Dialectical Behavior Therapy (DBT). Tuckamore approaches treatment from a DBT informed perspective. Dialectical means that two opposite ideas can be true at the same time; when they are considered together they can create a new truth and way of viewing a situation.

DBT is an effective treatment for people who have difficulty controlling their emotions and behaviors. It aims to help youth replace problem behaviors with skillful ones, experience a range of emotions without necessarily acting on them, and helps them navigate relationships in their environment.

DBT is used in both group and individual settings at Tuckamore. Youth are expected to attend group DBT sessions twice a week while in treatment, and in order to graduate from the program they must complete the five modules of DBT skills training. These are:

- **Core Mindfulness.** Skills that help improve focus on the present moment.
- **Distress Tolerance.** Developing new coping skills to help youth deal with stress and pain in the moment.
- **Walking the Middle Path.** Focuses on ways to manage the adolescent/caregiver relationship.
- **Emotional Regulation.** Skills that help youth manage difficult emotions.
- **Interpersonal Effectiveness.** Focuses on building the skills necessary for healthy communication and help to build and maintain self-respect and healthy relationships.

Medical Care. You will receive a medical assessment upon admission by the Nurse Practitioner, and will continue to be your primary healthcare provider throughout your admission at Tuckamore.

Individual Therapy. You will be assigned a Primary Clinician and Child and Youth Counsellor upon admission. They will be your main therapeutic points of contact during your time at Tuckamore. Additionally, individual therapy will be provided as part of your treatment plan, including, but not limited to sessions with a Clinical Psychologist, Music, Art, Recreational, and Occupational Therapists.

Group Therapy. The core of your group therapy will be DBT group that will take place twice a week for the duration of your treatment. There are weekly group sessions run by the Music, Art, Recreation, and Occupational therapists. Child and Youth Counsellors facilitate groups in the evenings and during summer programming that focus on effective social and life skills, communication and leadership, and healthy relationship-building.

Family Support. We view family as an important support system, and it is for this reason that we encourage family involvement, as it can play a crucial part of your treatment goals. There are various people in your life and family means different things for everyone. Family can include your biological parents, siblings, extended family, foster/caregiver family, adoptive family, step family, close friends, or anyone that has meaningful involvement in your life. To help ensure your success during and after your time at Tuckamore, we offer family workshops and family sessions to help support you and those important to you. Further to this, we encourage all family to continue seeking their own supports within their community during and after your time at Tuckamore.

Daily Therapeutic Programming. We use many everyday situations such as conversation, relationships, and events in school or residence as an opportunity to learn about social skills development and conflict resolution. On an individual and group basis, you will learn about emotion regulation, communication skills, nutrition, sexuality, stress management/relaxation, self-awareness, self-esteem, problem-solving, leisure planning, and establishing healthy relationships and establishing boundaries, amongst other topics that present themselves. You will also have the opportunity to be involved in healthy, fun, social and recreational activities throughout the week. Schedules of specific activities will be available on site indicating such events throughout your time at Tuckamore.

Academic Programming. We have a school wing dedicated to your academic success during your treatment program. You will attend the Newfoundland & Labrador English School District-run, on-site school program which is scheduled Monday to Friday, and follows the regular school district schedule. This will include summer and holiday breaks, storm days and PD days. Alternate programming will take place during these breaks.

Psychological Assessments. Psychoeducational assessments help to inform the treatment team of potential accommodations to enhance students' success. When considered appropriate by clinicians, an assessment will be administered to provide information about a student's relative strengths and challenges in the classroom. Additionally, psycho-diagnostic assessments evaluates symptom presentation to provide more targeted treatment goals while at Tuckamore.

Community Integration. Planned community events and activities will occur during your time at Tuckamore. While we have many activities planned with specific therapeutic goals in mind, we have just as many that are in place to help you change the scenery from the center and to help with your ability to appropriately engage in the community. There are also opportunities for you to gain independent and unsupervised community access outside the regular programming times, which can be discussed with your individual clinician. Furthermore, we will try to maintain your involvement in any existing community activities in which you have participated before your admission.

Aftercare. Prior to discharge, arrangements will be made for you to receive on-going support in your home community once you leave Tuckamore. You will be connected with a clinician or case manager in your region who will work closely with you and your family for the first 3 months after you leave the program. For those within the metro area, a referral will be made to the CONNECT team. CONNECT is a community-based, intensive support program with specific goals to help reintegrate youth leaving treatment back into their community.

The Treatment Team

All staff members of the Tuckamore Centre are highly trained and experienced professionals in their respective fields, which enables them to provide youth and their families mental health and addiction services that number amongst the best in the province. The staff members of Tuckamore believe you have a right to considerate and respectful care. We are non-judgmental and respect the dignity and worth of all youth regardless of their situation.

Tuckamore Centre staff consists of the following professionals:

- Administrative
- Art Therapist
- Child & Youth Counsellor Supervisors
- Child & Youth Counsellors
- Clinical Occupational Therapist
- Clinical Psychologist
- Clinical Social Workers
- Domestic Support
- Food Support
- Guidance Counsellor
- Music Therapist
- Nurse Practitioner
- Program Manager
- Psychiatrist
- Teachers
- Therapeutic Recreation Specialist

Program Expectations

The Tuckamore Centre aims to provide a safe environment that is free from judgement—where a healthy lifestyle, and respect for yourself and other people’s rights is important.

Your safety, and that of the other youth in the center, is our first priority. It is for this reason we have expectations that are detailed below, and upon admission, will be firmly monitored and enforced. The following rules apply to youth, families, visitors and staff:

1. Program participation is expected during your stay at Tuckamore. Unless excused by staff, it is your responsibility to be present and on time for all individual and group sessions, and program activities, including meals and chores.
2. Violating another individual’s rights is not permitted. More specifically, every person entering the Tuckamore Centre has the right to feel safe, to be free from discrimination due to their cultural and gender identity, sexual orientation, religion, and/or ability.
3. Violence of any kind, including threats; verbal, physical, or sexual harassment; bullying; and, intimidation are not acceptable and will not be tolerated. You will be taught ways to handle conflict in a productive manner.
4. Damage to Tuckamore property including furniture, walls, fencing, grounds, and equipment is not acceptable.
5. Use/possession of drugs, alcohol, non-prescribed medication, or tobacco and nicotine products is not permitted during your stay at the Tuckamore Centre.
6. Gambling of any kind is not acceptable at Tuckamore. This includes lottery and scratch tickets, pull tabs, and games that involve betting.
7. Medication (prescription or non-prescription) cannot be brought to the Tuckamore Centre from home. Prior to admission, the Nurse Practitioner and/or Psychiatrist will work with your doctor in the community and your family to ensure a prescription is received and the medication you need will be there for you. You should provide a list of over-the-counter medications (i.e. Advil or Tylenol for headaches, Tums for heartburn, etc.) before admission and they will be ordered as needed.

8. Tobacco use of any kind is not permitted at the Tuckamore Centre. This includes all outings and activities that occur on and off Tuckamore property. As an organization, all Eastern Health properties are smoke-free, including the surrounding grounds. Furthermore, any visiting family and friends are required to adhere to the same expectations. With permission, and if medically appropriate, we will provide smoking cessation counselling and treatment with the goal of helping you further achieve a healthy lifestyle.
9. Personal hygiene is your responsibility everyday including; showering, brushing teeth, nail trimming, and wearing clean clothing.
10. Clothing you wear must be free from logos and/or symbols associated with drugs and/or alcohol and/or refers to gang membership is not permitted. Clothing must be appropriate for the weather and the activity. Swimsuits can be two-piece but must be appropriate for athletic purposes. High-heel shoes and any hoodies or other clothing that contains belts or drawstrings will need to be removed or cut out to be permitted within the Tuckamore Centre.
11. Pornography of any kind is not permitted at Tuckamore. This material will be removed from your personal belongings.
12. Sexual relationships, romantic relationships, and intimate contact of any kind will not be tolerated. Such relationships may be unhealthy, and can greatly distract you from reaching your treatment goals and effect the therapeutic environment.
13. Cellular phones, tablets, laptops, and other wireless-enabled electronics are not permitted at the Tuckamore Centre. Any personal electronics and wearable technology, such smartwatches and step-counters are also not allowed within the building.
14. Eastern Health is committed to a scent-free environment. Scented and perfumed products contain chemicals which can cause serious problems for many people, especially those with asthma, allergies, and sensitivities, and are not permitted on the property:
 - Perfume / Cologne
 - Deodorant / Aftershave
 - Hair Spray / Body Spray
 - Scented Creams and Lotions
 - Candles / Air Fresheners

Building Security & Screening

It is the responsibility of the Tuckamore Centre to provide a safe and secure environment for all clients, staff, and visitors. Upon admission your belongings will be thoroughly searched to ensure no contraband (as listed in *What Should I Bring?*) or other potentially harmful items are being brought into the facility. Additionally, you will be physically searched by way of a metal detector wand and a non-intrusive physical pat-down, to ensure your safety.

Items that are not on the contraband list may be taken if they are deemed, by staff, to be potentially harmful items or something that could be to the detriment of your treatment. Risk assessments are in-the-moment evaluations and consultation amongst staff and the client to determine the appropriateness of potentially harmful items. These are dynamic and can change from hour to hour, day to day, and can vastly differ from other clients. Risk assessments are solely at the discretion of staff and their professional judgment.

Additional searches of client's bedrooms and belongings are conducted on a regular basis to ensure your continued safety. Items searched can include, but are not limited to, clothing, bedding, books, diaries/journals/sketchbooks, bathrooms, and toiletries.

If illegal drugs or weapons are found, the Royal Newfoundland Constabulary (RNC) may be contacted. If the weapon is illegal, the decision to lay a criminal charge will be at the discretion of the RNC.

Video surveillance is in effect at the Tuckamore Centre. Cameras are placed on all entrance/exits and in common areas inside to monitor building access and to provide increased personal safety for youth and staff. No video surveillance cameras are in use anywhere inside your bedrooms or bathrooms.

Fire drills will take place during your stay to make sure you know what to do in the event of a fire.

Therapeutic Model of Care & Physical Intervention

Therapeutic Crisis Intervention (TCI). At the Tuckamore Centre, all staff are trained in TCI. This is a crisis prevention and intervention model for residential child caring agencies. It assists organizations in preventing crises from occurring, de-escalating potential crises, managing acute physical behavior, reducing potential and actual injury to youth and staff, teaching youth positive coping skills, and helping create learning opportunities. It provides the model necessary for eliminating the need for physical intervention by putting in place a system to promote learning and reflective practice.

Physical Intervention. There are instances where attempts to prevent and de-escalate crises do not work. When a youth does not respond to early intervention strategies, staff must consider the risk of the situation and provide physical intervention to maintain safety of the youth, others present, and themselves. The goal of physical intervention is *safety*. The message behind physical intervention is, *I care enough about you not to let you hurt yourself or others*. No staff member who has not been trained in TCI will be involved in any part of a physical restraint.

Natural Consequence, Repairs, & Repayment. Loss of privileges is a natural consideration for breaking certain rules and expectations. It may be used with other interventions, or on its own based on your individual treatment plan. If Tuckamore or another's personal property is damaged in any way, you may be expected to repair the damage, or use your allowance, and/or time to repay/repair damages. A repayment plan will be developed with you and staff in the event this is deemed a necessary recourse.

Structure & Routines

Chores & Allowance. You will be assigned both daily and weekly chores. You are required to complete such chores at the designated times and to the best of your ability. You will be responsible for washing and drying your own clothes, and bedding, as part of our life skills programming. Staff will always be available to help you. For all aspects of your daily program, you will receive a small portion of a weekly allowance. The allowance program encourages responsible behavior and helps you develop life skills. When you arrive at Tuckamore, any money that comes with you will be documented and kept in a secure space on your respective pod. Access to this money will be monitored by staff. Spending your allowance wisely and budgeting money will be a part of

our life skills program. It is strongly encouraged for any youth coming to Tuckamore to have a debit card before admission.

Communication & Family Contact. You have the ability to make phone calls with approved contacts. Telephone calls will occur at times that do not interfere with activities or programming. You will be involved in developing an *approved* calling list with your clinician. There is no access to social media or unsupervised internet access within Tuckamore. There is the possibility to set up video calls using center-approved technology. This will also be set up in advance with your clinician. You may receive mail during your time at Tuckamore, however any mail and/or parcels will be searched to ensure they are safe for all youth staying at Tuckamore. You are permitted only to receive mail from people on your approved contact list.

Visitation. Family members/visitors can visit you throughout your stay at the Tuckamore Centre. Exceptions for visit times will be made based on your individual treatment plan and availability of your visitors. Visits are to be set up by staff in advance. Individuals attending a visit on the Tuckamore site are expected to adhere to the same rules and expectations as the youth.

During the first two (2) weeks following intake, visits will be strictly limited to allow time to settle in to the program. Visitors must schedule their visit in advance so that proper accommodations can be made. During the first seventy-two (72) hours of admission, you are not permitted to leave the property as we are getting to know you. Therefore, any visit that may happen would be required to happen on site.

In order to ensure the safety and success of all involved, the following expectations are extended to family and friends visiting Tuckamore:

- Family visits can occur on Tuckamore property. Staff will try to provide you and your visitors with as much privacy as possible—space permitting.
- Visitors must check in with staff in advance of the visit and anything brought into the facility must be provided to staff for approval.
- Visitors are not permitted to bring a cell phone or any electronic devices into the center for a visit. This does not extend to those visitors staying in the family apartment.
- Visitors are reminded that the Tuckamore Centre is a smoke-free facility and that smoking is not permitted on site.

Home visits may be arranged during your stay in agreement with you, your family, and your treatment team. Staff will work with you and your family to make your home visit as successful as possible. Again, these visits will not happen within your first two (2) weeks of admission as this is an important settling period for new youth.

Tuckamore is equipped with a family apartment to help with admission, visitation, and discharge. The apartment has a queen bed, a sofa bed, a and a single cot for sleeping. It has a fully equipped kitchen and bathroom; however, laundry facilities are not available. The apartment must be booked through your clinician in advance. Rules and expectations will be provided by the booking clinician.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Wake and Wash	Wake and Wash	Wake and Wash	Wake and Wash	Wake and Wash	SLEEP IN!	
8:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
9:00 AM	Soft Activity Brain Gym	Soft Activity Rec Tx / OTx Brain Gym	Soft Activity Rec Tx / OTx Brain Gym	Soft Activity Brain Gym	Soft Activity Music Tx	Wake & Wash	Wake & Wash
9:30 AM	Period One	Period One	Period One	Period One	Period One	Brunch	Room Chore
10:40 AM	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break		
11:00 AM	Period Two	DBT	Period Two	Period Two	DBT		
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:50 PM	Period Three & Period Four	Period Three & Period Four	Community Integration	Period Three & Period Four	Period Three & Period Four	Community Outing or Activity	Community Outing or Activity
2:30 PM	Snack	Snack		Snack	Snack		
3:00 PM	Individual Rec / Walking Group	Leisure Time		Art Tx Group	Music Tx Group OTx Group		
4:00 PM	Leisure Time	Sewing Group	Leisure Time	Leisure Time	Leisure Time	Leisure Time	Leisure Time
5:30 PM	Supper	Supper	Supper	Supper	Supper	Supper	Supper
6:30 PM	Clean-up & Leisure	Clean-up & Leisure	Clean-up & Leisure	Clean-up & Leisure	Clean-up & Leisure	Clean-up & Leisure	Clean-up & Leisure
6:30-8:00 PM	Quiet Hour	Quiet Hour	Quiet Hour	Quiet Hour	Quiet Hour	Quiet Hour	Quiet Hour
8:30 PM	Intramurals	Youth Council, Current Events, Cultural Night, Life Skills	Games Night or Open Gym	Educational Documentary	Outing / Activity Treat Night	Movie Night at Tuckamore	Spa Night Games Night Open Gym
9:30 PM	Snack & Leisure	Snack & Leisure	Snack & Leisure	Snack & Leisure			Snack & Leisure
10:00 PM	Night Routine TV off	Night Routine TV off	Night Routine TV off	Night Routine TV off	Night Routine TV off	Night Routine TV off	Night Routine TV off
10:30 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Night Routine TV off	Bedtime
11:00 PM						Night Routine TV off	Bedtime
11:30 PM						Bedtime	Bedtime

This is a sample schedule of what your week might look like during the school year.

What Should I Bring?

Packing for a long stay can seem like a huge task. Over the years, we have seen a lot of unnecessary items come in, and we have seen just as many coming with not enough. The following checklists have been created to ensure all youth have enough clothes for the appropriate seasons and enough to get them through a week before they need to do their laundry chore.

As a reminder, ensure that all your clothing and belongings have your name on the tags to prevent lost or misplaced items.

If you arrive with items that are not allowed at Tuckamore, they will be returned with whomever is accompanying you during your intake.

Upon discharge, items that are left at the center for thirty (30) days will be donated or discarded.

Required Documentation & Identification

- Banking / Debit Card
- Government Issued Photo ID
- Health Care Coverage Card
(i.e. Great-West Life Insurance, Band Card)
- List of Over-the-counter Medications
(i.e. Tums, Advil, etc.)
- List of Prescription Medications
- MCP Card

Clothing

- 7-10 shirts (short & long sleeve) ***seasonally appropriate**
- 7-10 bottoms (shorts, jeans, & leggings) ***seasonally appropriate**
- 3 sweaters **(remove drawstrings)**
- 2 pairs of sweat pants / casual gym clothes
- 2-3 pairs of pajamas **(no lingerie; remove drawstrings)**
- 7-10 pairs of socks
- 7-10 pairs of underwear
- 3-5 bras
- 2 swimsuits / swim trunks
- 1 outdoor jacket ***seasonally appropriate**
- 1 pair of indoor shoes **(no heels / no laces)**
- 1 pair of running / gym shoes
- 2 pairs of outdoor footwear ***seasonally appropriate**
- 1 pair of rubber-soul slippers

BASIC HYGIENE PRODUCTS WILL BE PROVIDED. IF YOU HAVE SPECIFIC BRANDS YOU PREFER, YOU ARE FREE TO BRING YOUR OWN PROVIDED THEY ARE REDUCED-SCENT OR SCENT-FREE

Hygiene Products

- Deodorant (reduced-scent)
- Hair brush and/or comb, hair elastics
- Limited cosmetic items (to be checks by staff upon admission)
- Q-tips
- Shampoo/conditioner (reduced-scent)
- Soap or body wash (reduced-scent)
- Straightener / hair dryer
- Toothbrush and toothpaste

Miscellaneous Items

- Favorite blanket
- Favorite pillow
- Fidgets
- Journal / Diary
- Personal photos
- Sketchbooks

BEDDING IS PROVIDED, BUT WE RECOGNIZE CERTAIN COMFORTS AND PREFERENCES

Contraband & Potentially Harmful Items

NOT TO ENTER THE TUCKAMORE CENTRE

- Alcohol, tobacco, cannabis, vaporizers, electronic cigarettes
- Charging cables for laptops and cell phones
- Dental floss
- Firearms and weapons
- Flammable and explosive substances
- Glue
- Illicit drugs
- Mirrors (includes mirrors in makeup compacts)
- Over-the-counter medications and prescription medications
- Razors (disposable, electric, eyebrow, etc.)
- Rope, belts, drawstrings (PJs, hoodies, etc.)
- Sexually explicit or pornographic material
- Sharp objects (knives of any type, nail files, glass items, bottles, etc.)
- Toxic liquids (bleach, detergent, nail polish remover, etc.)

THIS LIST IS NOT EXHAUSTIVE AND CAN BE EXPANDED IN RESPONSE TO TUCKAMORE STAFFS' PROFESSIONAL DYNAMIC RISK ASSESSMENT

If you have any questions about the Tuckamore Centre or wish to speak to someone regarding your upcoming admission, accommodations, programming, or to arrange a visit, please contact the center.

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**Newfoundland
Labrador**


**Eastern
Health**