Welcome to the Mayo Clinic Nicotine Dependence Residential Treatment Program. This four-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!

Who Will Help You
Care Team
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 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 daily and will be on call throughout the program 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 first day of the program or after the program is completed.

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 require a hospital bed, please inform us prior to entering the program or have any special needs.

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.

Personal Hygiene Items
Please pack personal items accordingly (toothbrush, toothpaste, shampoo, face wash, etc.).

Other
• Tennis shoes or comfortable walking shoes
• Pillow (optional)
• Swimsuit (optional)

What Is Restricted
Tobacco Use
No tobacco product use will be permitted.

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.

Cannabis Use
Recreational cannabis is not allowed. Medical cannabis use by combustible or vaporized means is not allowed. Medical cannabis in the form of pills, topical, or sublingual dropper may be used with a signed statement by the certifying physician by patients who are certified in the state of Minnesota.

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

Meals
Breakfast, lunch, and dinner will be served daily 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.

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. Participants are expected to sign in and out whenever leaving for free time activities.

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.

Who Else Will Help You

Family Involvement
Family members are welcome to sit in on some sessions. The desk staff can provide you with a schedule on the first day of the program showing which sessions family members are welcome. Please be aware we do not allow unsupervised children in the treatment program areas.

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.

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

What Else Do You Need to Know

Lodging in the Area
Patients must check in no later than 7:45 am the first day of the program. Therefore, participants coming from out of town will need to arrange lodging for the evening prior. 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.

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.

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.

Values
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.

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 (507) 266-1930. 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.

Scholarships
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.