



## Anchorage Recovery Questions and Answers

Q: How do I start the admissions process?

A: Start by calling our central intake staff at [612 454 2014](tel:6124542014).

To begin the admissions process, you must have completed an assessment elsewhere or call and schedule to complete an assessment at our site. We accept county behavioral health funds (through your county), a pre-paid medical plan (PMAP), most insurance plans and private pay clients.

Q: Do you offer Mental Health Services?

A: Yes. Anchorage offers co-occurring mental health services provided by a MN Licensed Professional Clinical Counselor. You may also choose to get mental health services through local community mental health providers.

Q: Can I have visitors?

A: Yes. Visitation is encouraged. You will typically be eligible to have visitors a couple weeks after admission. Visitors must sign a confidentiality agreement at the front desk prior to visiting. Purses, bags or backpacks, and cell phones are not allowed. Please leave them in your vehicle. Visitors are subject to search or breathalyzer upon staff request and may be restricted from visitation if they are found with prohibited items or under the influence. Any items that visitors bring you must be approved prior to the visit by your counselor.

Q: Am I allowed to bring my cell phone, laptop or other electronics?

A: For High Intensity patients, cell phones are not allowed to be kept on your person and must remain in the staff office. Phones can be accessed at a set time each day with staff supervision after the initial first couple weeks. Medium intensity patients have use of their phones during designated phone times and can check them out when on approved passes. Laptops and tablets are also allowed and stored with staff for electronics hours use.

Q: Are outside passes allowed?

A: Passes are not allowed for High-intensity clients. Medium-intensity patients can have passes with frequency and length dependent on each person's clinical progression. Medium-intensity patients are encouraged to find part-time employment outside of group hours and may use their personal car for transportation with proof of a valid DL, insurance and registration.



MERIDIAN BEHAVIORAL HEALTH

Q: Can I bring my medication?

A: Medications coming in must be current prescriptions. Our nursing staff will request active orders. This may take 24-48 hours to obtain. Only immediate need medical appointments will be allowed in the high-intensity program. Other appointments will need to wait until you transition to the medium-intensity program. Staff will help with transportation resources.

Q: Is smoking allowed?

A: Yes. Anchorage has designated smoking areas. you can smoke between group hours as well as before or after daily group hours. However, electronic cigarettes, vapes, or chewing tobacco are not allowed. Smoking is not allowed overnight during curfew hours.

Q: Can people send me things:

A: Yes. The mailing address is:  
3027 S Frontage Rd  
Moorhead, MN 56560

We want everyone to feel safe and free from substances so items may need to be searched.