



EOSIS Anchorage Recovery Questions and Answers

How do I start the admissions process?

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.

Do you offer Mental Health Services?

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.

Can I have visitors?

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. Visitors are not allowed to bring purses, bags or backpacks, and cell phones. 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.

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

Yes. Personal electronic devices such as cell phones, tablets, music players, and blue tooth headphones are allowed. Personal wearable devices such as smart rings, smart watches, smart glasses, and other similar devices are not permitted without a doctor's order. Use is permitted but limited under certain circumstances.

Are outside passes allowed?

Passes are not allowed for High-intensity clients. Low-intensity patients can have passes with frequency and length dependent on each person's clinical progression. Low-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.

Can I bring my medication?



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.

Is smoking or vaping allowed?

Yes. Anchorage has designated smoking areas. You can smoke between group hours as well as before or after daily group hours. Smoking is not allowed overnight during curfew hours. Vaping is permitted but only a limited amount of non-fillable, non-rechargeable, disposable vapes are allowed.

Can people send me things?

Yes. We want everyone to feel safe and free from substances so items may need to be searched. The mailing address is: 3027 S Frontage Rd, Moorhead, MN 56560

Do you have recreational activities?

Yes. We have a pool and exercise equipment, and many patients take walks.

Do you take patients on public outings? If so, where do you typically go and how often?

The Peer Specialist takes patients to outside recovery meetings multiple times a week as well as to the store to get hygiene and essential items. All those interested can attend church on Sundays.

Do you have snacks/coffee available throughout the day or only at specific times?

Coffee is available until lunchtime. Snacks are available in the evening after dinner.

What are your daily meal plans like on average? Can you accommodate dietary restrictions?

Breakfast is continental whereas lunch and dinner are hot meals provided by our on-site chefs. We can accommodate dietary restrictions.

How long are groups & individual sessions on average?

45-50 minutes for groups and about an hour for individual sessions.

How many patients are there in a bedroom/bathroom?



At the most two to a room/bathroom. There are currently two rooms with the capacity of three men each.

Do you take patients to offsite meetings (for example AA) and if so what kind? If they can't go off site are there any meetings brought in?

Yes, AA, NA, and many of their choosing. An AA meeting comes into the facility every Wednesday night for those that are not able to leave and anyone else that would like to attend.