



We understand that you'll have a lot of questions and for most people, this might be the first time you've ever gone to treatment. We'll try to answer the most frequent questions we get but feel free to reach out if you have additional questions.

**What should I bring with me?**

Most everything you'll need is included in your stay at Beauterre. Your room is furnished with full-sized beds and all bedding is provided. All meals and snacks are provided as well as any books or materials you may need for your care plan.

**Can I bring things to do in my free time (books, coloring stuff, paints, knitting)?**

Yes, you can. We also offer a number of extracurricular activities on site, so even if you don't bring your own things, there are many choices offered.

**Can I have my cell phone, a computer, iPad/tablet, or gaming system?**

Yes. Personal electronic devices are defined as cell phones, tablets, laptops, blue tooth headphones, handheld/portable gaming systems, or music players. Personal wearable devices include smart rings, smart watches, smart glasses, and other similar items. Use is permitted but limited under certain circumstances.

**Am I allowed to have visitors while I am there?**

Yes. We do have in person visitation at the facility. Visitation is on Wednesday evenings from 7:00-8:30 pm for all patients. We also have visitation 2:00-4:00 pm Saturdays and Sundays. To balance the number of visitors on campus, some patients will have weekend visitation hours on Saturdays while others will have their visitation hours on Sundays.

**Am I allowed to work while I am at the facility?**

Yes, but on a limited basis.

**Are we able to smoke or vape?**

Yes, as long as it is done in the designated smoking areas. Vaping is permitted but only a limited amount of non-fillable, non-rechargeable, disposable vapes are allowed.

**What extracurricular activities are offered?**

You can pursue many extracurricular activities while at Beauterre including the following:

- Yoga (classes and space for self-guided practice available)



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- Working out in our fitness center (both exercise machines and free weights available)
- Hiking trails
- Golf (in our dedicated driving range)
- Movie nights
- Volleyball
- Basketball
- Horseshoes
- Artistic endeavors
- Bonfires
- Gardening
- Labyrinth walking
- Tennis and pickleball

You also are welcome to bring your own things to do during free time (such as your favorite books or art supplies).

## **How many patients can be at the facility and is it co-ed?**

There are a maximum of 64 patients at any given time and yes, it is a co-ed facility.

## **What insurances are accepted?**

We accept most types of commercial insurance. We are unable to accept Medicaid/Medicare at Beauterre. If you are interested in programs that accept Medicaid, we encourage you to explore the programs offered by our parent organization, EOSIS.

## **Do you offer outpatient treatment options?**

Yes. On our campus, but in a separate building, we have an intensive outpatient program. So, as you progress in your clinical milestones, you're able to transition to outpatient and start using your new recovery skills in your every-day life while still receiving the support you need to be successful.

## **Do you offer detox? How does it work?**

Detox refers to the process of safely managing withdrawal symptoms when someone stops taking drugs or alcohol. As long as you are not medically compromised, we can



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assist in managing the withdrawal and ease the cravings with medications. As with many aspects of our recovery care, we create an individual plan that keeps our patients' well-being and safety as a top priority. If medical detox is needed, we can arrange for you to get the care you need and then bring you back to Beauterre to start your journey to recovery.

## **How long is treatment?**

A stay in residential treatment at Beauterre is based on clinical need. Before you arrive, our admissions team will ensure you and your loved ones know what to expect but understand that may change based on your progress. You will be assessed throughout your stay to determine if clinical milestones are being met.

## **What types of addiction do you treat?**

We treat all sorts of substance abuse addiction including alcohol, meth, crack cocaine, abuse of prescribed medications, opiates, inhalants and more. Regardless of your choice of substances, your recovery process will be the same.

## **How do I know if I need residential treatment?**

Determining whether outpatient or residential treatment is a decision made on an individual basis, because each person is unique and their recovery journey will look different. It is worth reflecting on whether you would benefit from stepping away from your everyday life to focus on treatment. If you'd like, we also offer a [self-guided assessment](#) to explore if you have a substance abuse concern. Part of our admissions process includes a formal assessment to determine if residential treatment is an appropriate step, so you can [reach out to us](#) at any time of day to start the conversation.

## **Where do Beauterre patients come from? Are they all local?**

Most of our patients come from Minnesota and adjacent states. But we also have patients come to our facility all over the United States.

## **Can I tour Beauterre?**

You are welcome to see for yourself what the Beauterre experience is all about. Call us to schedule a tour to see the facility, meet staff and learn more about the programs.

## **What if I forgot to bring something?**

Store runs are done 1-2 times a week.

## **Can you accommodate dietary restrictions?**



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We have a professional food services provider who consults with a dietician in setting the menu. The quality of our food is exceptional. We can accommodate dietary restrictions.

**How long are groups and individual sessions?**

Individual sessions are one hour, and groups are generally 1-2 hours.

**How many people are in a room?**

There are 2 people in every room, but you can pay for a single room depending on availability.

**Do you have Twelve Step meetings?**

AA/NA speakers come on site two times per week, but you are not required to attend. You have the opportunity to go to an off-site recovery group once per week.