AnchorPointe South - FAQ

CenterPointe
healthy minds, strong communities

We are excited to start this journey of recovery with you and want to help ease your transition to the program. Listed below are the most frequently asked questions regarding the program. We look forward to meeting you.

Q: How long will I be in the program?

A: You can expect to be in the program between 4 and 6 months. Each person's plan is individualized to meet their needs, so everyone's stay will vary.

Q: Who can be admitted?

A: Men and women who are 19 or older, and live in Region V or Region II, or have Medicaid. To be admitted you must have a co-occurring diagnosis, meaning a severe and persistent mental illness (SPMI) and substance dependence. Prior to admission, you will need an updated evaluation, completed within the last 12 months, sent to the program for review.

Q: What is a day in the program like?

A: A lot of your day is spent in group sessions. There are breaks for meals and free time every day. Participants are required to attend a minimum of 42 hours of group in a week, including: processing groups, educational groups about mental health and substance use, coping skills, recreational activities, recovery planning, nutrition and wellness, trauma education, Motivational Interviewing and Dialectical Behavioral Therapy.

Q: What should I bring with me?

A: Space is limited, as you will share a room. You will have 4 drawers in a dresser, and some space for hanging items. Usually, two weeks of clothing should be enough, as we have laundry facilities on site. Please do not bring sharp objects, tobacco products, hygiene products with high alcohol content, etc. You will be provided bedding, towels, and a laundry basket. You will have a small storage space for non-perishable/non-refrigerated items.

**Please make sure to bring any medications that you are currently prescribed, in the original container with a current prescription label on it. All psychiatric medications will be prescribed by the program APRN. Physical health medications will continue to be coordinated with your primary care doctor.

Q: Can my friends and family visit?

A: Yes, families are encouraged to participate in the treatment process. Family members and friends must be approved by your counselor prior to visiting. There are visiting hours daily. Independent passes outside of the program may also be considered depending on phase and progress in treatment.

Q: Will I have access to a phone and/or computer?

A: There are phones and computers available for use, dependent on your current phase of treatment. After approximately 7 to 10 days, you will be allowed to have your personal cell phone.

Q: What happens to my SSI/SSDI while I am in the program?

A: While in the Adult Residential program your SSI may be reduced to $30 per month for incidentals — this is the rule from the Social Security Administration. SSDI benefits are not affected.

Q: I have a medical condition. Can I come to treatment?

A: Yes, if you are medically stable. Your medical condition must be able to be managed by you with help from unlicensed assistive personnel. Treatment is not appropriate for people with unstable medical conditions.

Q: Can I smoke and/or use tobacco while in treatment?

A: CenterPointe has been a tobacco free environment since 2014. Prior to treatment, it would be beneficial to contact your Primary Care Doctor or the 1-800-Quit line to obtain nicotine replacements such as gum, patches, or lozenges.

For further information please contact admissions:
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