

Goals for our Residents

- Engage people in a process of change to help them achieve their personal recovery goals and improve their health and wellness.
- Help them gain courage and self-determination to live their lives in healthy, productive, and meaningful ways.
- Help them strive to their full potential as individuals, workers/professionals, family members, and community members.

What we Provide

First and foremost, the Anchor House strives to provide opportunity. An opportunity for our residents to find long-term, sustained recovery from substance use disorders and mental health conditions in a stable, comfortable environment.

Many people find short-term recovery, only to be derailed by unstable and unhealthy living arrangements.

At the Anchor House, residents have their own rooms, the full support of Mount Rogers services, around the clock peer support, and a dedicated recovery community.

Admission Criteria

- Adult men over 21 years old with a minimum of 30 days being sober.
- Be medically stable (not in need of detox or other immediate medical attention).
- Be in or seeking recovery and willing to participate in a structured program of recovery (not necessarily limited to AA/NA, program and not just sober living).
- Not have recent violent or sexual crimes (individual situations considered on a case-by-case basis).
- Be able to function/participate in a recovery management residential program (e.g. stable on meds if applicable; ability to complete basic independent living functions).
- Be able to pay \$175 a week program fees plus \$200 admission (or good prospects for getting a job soon and willing to pursue employment; individual situations considered case by case).
- Willingness to commit to a minimum of 6 months' stay and the goal of lifelong recovery.



What is a Peer-Run Recovery Residence?

Mount Rogers Community Services' Anchor House is a Peer-Run Recovery Residence.

Recovery Residences are sober, safe and healthy living environments where residents are most likely to achieve recovery from alcohol, drugs, and other associated problems.

A Peer Recovery Specialist will live at the home full-time as a house manager, fostering a supportive recovery environment for all residents.

We believe that recovery residences should foster the development of a sense of community where individuals improve their physical, mental, spiritual, and social well-being. The goal of recovery residences should be to assist people they serve to make transitions to independent, productive, and meaningful lives of their own choosing.



Contact Information

To inquire about the Anchor House or any other Mount Rogers Recovery Residences, contact:

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or

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Visit us online at:
mountrogers.org



Anchor House
A Peer-Run
Recovery Residence