

Pathways FAQs

Q: How can I be admitted?

A: We do not accept walk-ins. We require the individual seeking treatment to speak with our Intake Specialist at 434.200.4455, option 1.

Q: What insurance covers me at Pathways for Residential or Intensive Outpatient Programs?

A: Medicaid or private insurance. If you are privately insured, please note you will need to pay your full insurance deductible up front on the day of admission. We do not accept Medicare or Tricare, even if there is a secondary insurance to supplement.

Q: Do you offer detox?

A: Yes, detox from alcohol is part of our residential program. We do not offer a detox-only option.

Residential-Specific FAQs

Q: Do you have private rooms?

A: Each patient will have their own room and will share a bathroom with patients of the same sex.

Q: Do you allow smoking and other nicotine use?

A: We allow cigarette smoking in designated areas. Vapes and smokeless tobacco, such as dip, are not permitted. We offer nicotine patches upon request.

Q: What do I need to bring?

A: All personal care items, including clothing, your identification and insurance cards, and medications in labeled bottles. Review our [packing list](#) for more details.

Q: Is there anything I should not bring?

A: Refrain from bringing any items that contain alcohol, any clothing items with drug/alcohol references, weapons, vapes, and smokeless tobacco. Tablets and laptops are discouraged during your treatment, but they can be approved on a case-by-case basis.

Q: Can I keep my phone?

A: Yes. All electronics are turned in at 11:00 p.m. every night and are returned at 6:00 a.m. the following morning. Phone use is not permitted during groups or therapy sessions.

Q: What will I do all day?

A: Below is a sample schedule, which varies day-to-day:

8:00 Breakfast

9:15 Reading Group

10:30 Group/Activity

11:45 Group/Activity

12:30 Lunch

1:30 Group/Activity

3:30 Community meeting (Monday, Wednesday, Friday, and Saturday-only)

5:00 Dinner

6:00-9:00 Evening activities vary from in house AA/NA meetings, going out into the community for AA/NA meetings, open gym, etc.

Group therapy is the primary mode of treatment in this setting and residents are required to attend each group/activity as part of their treatment.