

FOR YOUR INFORMATION

If you or someone you know are struggling with issues related to substance abuse or alcohol use, we want to assist you in obtaining the help you or your loved one may need. The impact of alcohol use or other drugs can be extensive, and our programs will help you find the path to recovery. It is our goal for patients to leave here with an understanding of the process of addiction, including the issues that may lead one to substance use; in order to meet that goal, we consider all of our programming to be co-occurring. With this knowledge we provide the tools necessary to solutions and skills that lead to sobriety and positive outcomes.

OUTPATIENT SUBSTANCE USE DISORDER TREATMENT DETAILS

WHO IS ELIGIBLE?

- ▶ Adults (18+) who are struggling with the use and consequences of alcohol and/or other drugs
- ▶ Most health insurance plans, including pre-paid Medical Assistance plans (PMAP) cover chemical dependency services

WHAT CAN I EXPECT?

All patients will undergo a Substance Use Disorder (SUD) Assessment to determine the level of care they may need. Based on those recommendations, they will be placed into 1 of 3 levels of programming; all including group and individual therapy which integrates a variety of evidenced based recovery strategies and skills training including 12-step skills, on-site medical support, 1:1 sessions, etc. Each level utilizes random drug screens to assist patients in maintaining abstinence from substance use.

▶ **High Intensity**

- 30 hours of programming per week (Monday-Friday 9am-4pm) which includes:
  - Group Sessions and Education
  - Individual appointments (with an assigned counselor and mental health professional)
  - Parenting classes (if applicable)
  - Peer Support
  - Intensive Outpatient with lodging for women in our Family Unity Program

▶ **Medium Intensity**

- 12-15 hours of programming per week
  - Options of day or evening groups
    - Monday-Friday 9am-12pm
    - Monday-Thursday 6-9pm
  - Includes individual group (and individual sessions with appointment) with a counselor and/or Mental Health professional.

▶ **Low Intensity**

- 6 hours of programming per week
  - Options of day or evening groups
    - Monday and Wednesday 1pm-4pm
    - Tuesday and Thursday 6-9pm

▶ **Phase II/Aftercare-** This is also known as our relapse prevention program.

- Offered Mondays and Wednesdays from 9am-12pm or Tuesdays and Thursdays from 1-4pm

***\*Length of time to complete any phase of care is individualized based on the patient's needs and risk levels.  
For questions or to schedule an assessment please call 320-251-2700 x23739***