

take the first step

## Adolescent Services

The Recovery Center offers services for adolescents with alcohol or other drug problems including:

- chemical dependency evaluations to assess chemical use
- psychological functioning, peer relationships, school performance and family functioning
- inpatient adolescent treatment
- outpatient adolescent treatment
- individual intervention program, which helps young people and families with chemical abuse problems learn about behavior management, progression of chemical use and related consequences, limit setting, communication and conflict resolution skills

## Women's Services

Northland Recovery Center offers a flexible and confidential network of services individually tailored to each woman's needs. This allows each woman to maintain her connections with children, family and community supports. Transportation, child care and community housing assistance is available to those who meet the qualifications.

Through education and discussion, we can help each client examine and make new responsible choices in every area of their lives:

**Social Relationship:** How to establish and maintain healthy relationships.

**Emotional:** How to manage emotional life and personal change.

**Mental:** How to shift the focus from negative, destructive thinking to constructive problem-solving.

**Physical:** How to develop more personal peace and self-acceptance.

**Choice:** How to become more self-directing to make life work better.

## Mental Health Counseling

Counseling helps individuals resolve concerns in their lives:

- eating disorders
- depression
- family problems
- anxiety
- marital difficulties
- stress-related concerns

Counseling is available for clients, family members and concerned persons. It is also helpful when family and friends are deciding how to intervene with a person in denial of chemical abuse or a similar problem.

## Family Education & Counseling

- To support family members
- To enhance the client's positive changes

## 12-Step Focus

The Recovery Center's treatment process is based on a 12-step recovery model. This process assists individuals in taking responsibility for their lives. People are encouraged to search inside themselves, face their past and accept responsibility for directing themselves toward new goals and a different way of living.

## Funding Sources

Medical insurance, State of MN funds, County Funds and self pay.



1215 SE 7th Avenue, Grand Rapids, MN 55744  
(218) 327-1105 • (800) 626-0377

Northland  
RECOVERY CENTER



### *Available Services*

By choosing Northland Recovery Center, you have accessed the only full continuum of service for chemical dependency and related issues in our geographical area.

### *Evaluation*

The Recovery Center's comprehensive evaluation services entail a complete assessment of an individual's chemical use. When indicated, further psychological testing or assessment of specific concerns may be recommended. These could include: child and family problems, marital concerns, work and financial considerations, anger and violence concerns, self-esteem difficulties, depression, or anxiety. Recommendations are discussed with the individual, couple and/or family members.

### *Detoxification*

Detoxification is a process by which toxic or harmful chemicals are removed from the body. The detoxification process is one in which a person is assisted by specially trained medical and counseling staff. Detoxification services are open and available twenty-four hours a day, every day of the year. Call with questions about admission any time at 218-327-1026.

### *Chemical Dependency Treatment*

Treatment staff helps participants in establishing abstinence from alcohol and other drugs through a variety of techniques including education and counseling in physical, psychological, spiritual, social and family aspects of recovery.

### *Inpatient Treatment*

Inpatient Treatment provides intensive therapy in all aspects of recovery for those who are unable to maintain abstinence during outpatient treatment. The residential stay is followed by an individualized schedule of outpatient treatment during day or evening hours. The length of outpatient treatment will vary according to length of the residential stay, but the total length of the treatment process for a combination of residential and outpatient care is typically four to six weeks.

**EXTENDED CARE:** Extended Care offers the opportunity to practice living without alcohol and drugs. The focus is on rehabilitation and community reintegration, along with education, leisure time, work skills and access to a wide range of resources, school, jobs and health care.

### *Outpatient Treatment*

Outpatient Treatment is an intensive, conveniently structured treatment program for those individuals able to abstain from use of alcohol and other drugs while involved in the treatment process. Treatment may be arranged during the day, evening or a combination according to need.

### *Aftercare and Relapse*

Aftercare and relapse prevention services provide support and stability for ongoing recovery of individuals who have completed primary treatment. Both the men's and women's aftercare groups focus on issues such as coping skills, securing ongoing support, family and marital dynamics, work pressures, socializing, spirituality, relaxation and stress management.

Relapse prevention may be recommended for those considered "high risk" for returning to alcohol or other drug use. Relapse prevention builds awareness of a person's personal relapse process. The goal is to explore old patterns and new choices to stop the cycle from repeating.

