

Recovery Basics

Recovery Basics is an outpatient treatment program that provides more intensive services to help individuals with a drug or alcohol problem. This 45-hour program focuses on helping you learn the physical effects of substances, the effects these substances have on your mental health and how they can impact your relationships with family, friends, co-workers and others.

Participants can self-refer or be referred by community health professionals, Community Corrections, Probation Officers, the Dept. of Transportation and health care providers for a variety of reasons, including:

- Meeting requirements for Driving While Intoxicated (DWI) penalties
- Experiencing other legal consequences
- Going through painful relationships with family and friends
- Having poor job performance or financial worries

The Recovery Basics program is offered at both the main campus and downtown locations.



DID YOU KNOW?

- Over 50% of relapses happen within the first 7 days out of treatment
- A study of 10,000 patients showed that 90% of people who attended aftercare programs were able to abstain from any use of alcohol during that year
- Research shows that women in treatment relapse less frequently than men, due to their being more likely to engage in group counseling

Source: National Institute on Drug Abuse

Other Programs

Children's Programs

- **Youth Behavioral Health** – provides a series of support services to families of children with severe emotional disturbances
- **Child Adult Relationship Enrichment** – early intervention designed to increase parenting skills, meet child well-being needs and improve family stability and safety

Community Support Programs

- **ARMHS programs** – educational programs for adults with a severe mental disorder that help participants learn basic activities of daily living
- **Case management services** – program that assists people with serious and persistent mental disorders to function independently in the community

Housing

- **Housing options** – program that offers housing subsidies and assistance to locate safe, affordable housing to adults with a mental illness
- **Homeless services** – permanent housing program that provides case management and supportive services to single adults who are long-term homeless or chronic long-term homeless

Intensive Residential Treatment

- **Residential services** – on-site program that provides mental health services for up to 12 adults
- **Crisis stabilization** – on-site program available for up to four adults requiring immediate support with their behavioral health symptoms

Medical Services

- **Primary care clinic** – basic medical services that help stabilize patients' medical conditions and coordinate treatment for mental, chemical and medical needs

Outpatient Therapy Services

- **Psychiatric and psychological services** – therapy available to adults and children in individual and group settings to help participants heal emotionally and regain normal functioning

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Restoring Hope...
One Life at a Time

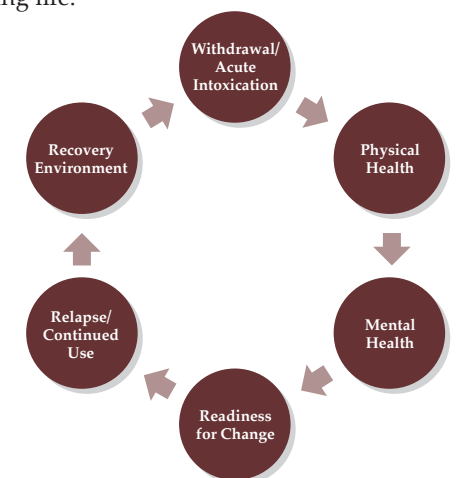
RECOVERY
PROGRAMS

Addiction to alcohol and drugs does not discriminate - it affects young and old, men and women, rich and poor. The reality is that for most people, short-term treatment by itself is not enough for long-term recovery. Having quick, convenient access to high-quality programs with a team of experts can make the difference between attempting to quit and having a long-lasting lifestyle of recovery free of alcohol or drugs.

For that reason Zumbro Valley Health Center has developed the Recovery Programs, a series of integrated programs that complete the circle of care for addiction treatment. Through our team-based approach, participants, families and support persons not only can work with licensed substance abuse counselors but also have seamless access to experts in multiple areas to address various needs, including:

- Therapy
- Primary care
- Psychiatry
- Pharmacy
- Dental

Programs use a stage-based form of treatment, with services tailored to an individual's readiness for change. Throughout the program, a substance abuse counselor works with you to continually evaluate progress with the treatment plan. Our Recovery Programs provide you with a proven solution that treats and heals the underlying causes of addiction so you can live a healthy, fulfilling life.



The American Society of Addiction Medicine's
Six Dimensions to Substance Abuse Treatment

Women's Way to Recovery

Our Women's Way to Recovery is a 45-hour program that features a unique gender-specific treatment design to help women with alcohol and drug abuse improve relationships, enhance their mental health, learn about boundaries and understand self-care. Sessions are tailored to each individual to address the unique experiences women undergo with their dependencies and the impact these issues have on their lives.

Referrals to the program are frequently made by participants, family members, Human Service agencies, health care providers and Community Corrections.



DRUG AND ALCOHOL STATISTICS

- 13.9% of women 12 and older and 30% of men reported binge drinking (five or more drinks on the same occasion) in the past month
- Drug use is highest among people in their late teens and twenties, with 23.8% of 18- to 20-year-olds reported using an illicit drug in the past month
- An estimated 21.6 million Americans needed treatment for a problem related to drugs or alcohol, but only about 2.3 million people received treatment

Source: National Institute on Drug Abuse

Recovery Partners

The Recovery Partners program is an integrated model that features an individual treatment plan for people with both substance abuse and mental illness, or co-occurring disorders. This program provides both short- and long-term support to help people learn how to extend periods of sobriety and mental health stability by focusing on the following:

- Relapse prevention
- Crisis planning
- Social skills
- Men's and women's specific life issues
- Problem-solving skills

Treatment begins with a comprehensive assessment and continues with individual and group counseling. An integrated team of substance abuse counselors, therapists and psychiatrists works closely with you to create a treatment plan around your individual needs. Together, this team will help you to decrease your abuse of alcohol or drugs while stabilizing the symptoms of your mental illness at the same time.

Recovery Partners' participants frequently self-refer or are referred by family members, health care providers, Human Service agencies and Community Corrections.

Choices

Choices is an education and intervention program that addresses concerns about your use of alcohol and/or drugs. The program is designed for people who have experienced harmful effects from using alcohol and/or drugs, but have not been diagnosed as dependent on these substances.

Groups are held each month which utilize a combination of classroom and take-home learning techniques. Over the course of a month, participants will:

- Complete a self-assessment to determine implications from chemical use
- Discover how stress, social anxiety, anger, etc. affect use of alcohol and other mood-altering substances
- Learn the effects that chemicals have on the different body systems

As an education and intervention program, Choices is not covered by health insurance or the Chemical Dependency Treatment Fund. For your convenience, fees may be paid in weekly installments.

Pacing Recovery Effectively Program

The Pacing Recovery Effectively Program, or PREP, is a specialized 15-week treatment program designed for people with an alcohol or drug problem and a cognitive impairment such as:

- Traumatic brain injury
- Development disability
- Mild head trauma - combat blasts, sports injuries, etc.
- Residual effects of chronic alcohol or drug abuse

A counselor will work with you to develop a treatment plan based on your specific needs. This plan is focused on helping you better understand the impact that alcohol and drugs have in relation to your cognitive abilities.

People can enroll in PREP throughout the year, and often are referred by health care providers, Community Corrections, family members and Human Service agencies.



DRUG AND ALCOHOL STATISTICS

- Nearly 33% of people with a mental illness and 50% of people with severe mental illnesses also experience substance abuse
- Only 7.4% of these individuals receive treatment for both conditions, with 55.8% receiving no treatment at all.

Source: Substance Abuse and Mental Health Services Administration



Right to Recovery

Right to Recovery is an intensive, long-term program for people who have experienced difficulty maintaining sobriety despite previous attempts at treatment. Program staff focus on helping you increase lengths of abstinence through recognition of relapse triggers, development of new thinking patterns and the building of social networks with others through social and recreational activities.

Treatment begins with a comprehensive assessment, and then you and a counselor develop your treatment plan utilizing the following:

- Treatment groups
- One-on-one counseling
- Educational presentations
- Recreational and sober activities
- Holistic approach to recovery

This program is uniquely structured to provide you with the long-term support and education, with many participants staying in the program for a year or more.

Driving While Intoxicated Class

The DWI class is a monthly program available to people involved with traffic court or the Minnesota Department of Public Safety. It provides eight hours of education on the effects of drinking and driving along with tactics for improved decision making.

Classes are held the first Saturday of each month, from 8:00 am to 4:00 pm.

