

# Substance Use Programs

## Brief Program Description



### **Reframe and Reclaim Program (Adult)**

The group will be based on the E-IMR curriculum and will be focused on the chemical health of the individual with co-occurring treatment involved. It is a low-level treatment program with 2-hours of group per week and a 1-hour individual session per week. During the individual sessions, at times, family members, significant others and friends may be invited to be a part of these sessions but only with client approval and a release of information signed. Potential clients will have to have a Rule 25/chemical health assessment prior to admission and once admitted to the program and as part of the CCBHC requirements, a comprehensive evaluation will need to be completed. If this will be a step-down program for individuals, who are coming out of residential or intensive outpatient treatment a discharge summary/continuing care plan is needed as documentation prior to entering the program. This group can also be a relapse prevention group for individuals who may have relapsed and need some support to help them refocus on their recovery. The duration of the group will be about 12-15 weeks in length (2 hours) depending on the discussions in the group. It will be an open group, but the person will not be able to join until the start of a new module.

### **Adolescent Mental Health/Substance Use Disorder Group**

The group will be based on Hazelden curriculum. This is a co-occurring group, and will be focused both mental health and substance use disorder of the individual. It is a low-level treatment program with 1 hour of group per week. This group is focused on individuals that have a mental health diagnosis, that have struggled with maladaptive coping strategies such as experimenting with or continuing to use substances to alleviate issues happening in their life. Within this group, adolescents will learn about mental health symptoms, family dynamics/risk factors, substance use, negative coping, consequences, owning the problem, techniques for change, and more.

### **Individual Sessions**

Sometimes an individual's needs are best met meeting individually with a SUD counselor. The time and frequency will be determined by the counselor and client and will be based on the E-IMR curriculum and focus on the "whole person" aspect of recovery. At times family members, significant others and friends may be invited to be a part of these sessions but only with client approval and a release of information signed. Individual sessions are subject to the same admit/intake criteria of group programming and CCBHC requirements.

### **Program Expectations**

Attend all scheduled appointments including group programming if enrolled. Be on time.  
Notify NWMHC at 218-281-3940 at least 48 hours in advance to cancel and/or reschedule.  
If receiving three unexcused absences (no call, no show) in a row you may be discharged from programming.

Be prepared to submit to a drug screen at any time during the course of treatment.

Be prepared to participate in programming including completion of "homework".

What you see here, say here, leave it here!