



Compassionate Hearts

Professional Services

Respectful Environment



MEN'S INTENSIVE

LONG TERM

RESIDENTIAL PROGRAM

Why Extended Care?

Time is one of the most important factors in the healing process for individuals and families. Recovery from alcohol and other drug addiction is certainly no exception. Although many individuals have tried to recover through several attempts at outpatient or traditional inpatient programs, they have been unable to attain or maintain abstinence from their drug of choice. The additional time, flexibility, and slower pace of the Extended Care Program better serves those falling into this category. The Extended Care Program stay is a minimum of 60 to a maximum of 120 days.

One Step at a Time...

- To complete a thorough assessment
- To develop a long-term recovery plan and secure a sponsor
- To practice relapse prevention techniques
- To address power and control behaviors
- To work on or complete GED classes/testing and employment readiness classes
- To develop a thorough aftercare plan
- To establish supportive living and work arrangements
- For additional family programming



Dick Selvig

Dick Selvig was well known in the chemical dependency field for his work and dedication to those affected by alcohol abuse. Dick, an alcoholic, began his recovery program at the age of 28. He was instrumental in the treatment of alcohol abuse at the Willmar Regional Treatment Center, where the Minnesota Model took its form. He also worked at a number of other treatment facilities and provided extensive consulting and support to Project Turnabout. It is with heartfelt compassion that we named our Extended Care Program for Men after Dick Selvig.

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The Hope of Recovery Is Within Your Reach

MISSION:

"To encourage and support healing through programs and services that are both effective and affordable."



The Extended Care Program

The 20-bed Men's Extended Care Program is housed as a separate living unit that is attached to the main campus. For the chronic chemically dependent person, this program provides the additional time they need to stabilize and strengthen their recovery. Professionally trained staff assist the patient with developing an individualized treatment and aftercare plan while providing the flexibility that is important in meeting their needs. The setting offers a safe, therapeutic environment for the recovery process to begin.

While the majority of group and individual therapy sessions are conducted on the unit, patients also attend general lectures, eat meals, and participate in recreational activities in other areas of the campus. Licensed professionals facilitate all programming, including individual, group, and family therapy sessions.



Assessment

When entering the Extended Care Program, each patient receives a thorough assessment, which includes the following areas: physical, psychological, chemical use history, social, spiritual, dietary, emotional, education, employment screening and family history. If, during the course of treatment, a dual diagnosis of an addiction to gambling becomes suspected, a compulsive gambling screen can also be administered.

Upon completion of the assessment, which provides information vital to meeting the needs of each patient, an individualized treatment plan is developed by the treatment team. In addition to program staff, a certified personal fitness trainer and a dietary manager assist in developing and designing an exercise and nutrition program. Psychological and spiritual services are also available to each patient.



Admission

The Men's Extended Care Program accepts males 16 years of age and older. A variety of funding options are available, including most major insurances, Minnesota Consolidated Fund, private pay, and a limited amount of charitable funds.

Funding arrangements must be made with the Business Office prior to admission. For referral to this program, or further information, please call 1-800-862-1453.

The Family Program

Participating in family group is an integral part of the recovery process and helps the entire family begin the road to recovery. The family program offers assistance to both the patients and their family members by building self-esteem and opening communication.

Family members have the opportunity to spend time with patients while they are abstinent, possibly for the first time in months or years. Patients and family members learn to talk to each other in an honest and open way regarding addictive behaviors and recovery.

Benefits to family members:

- To become educated on the disease concept of addiction
- To learn the therapeutic process as it applies to patients in treatment
- To understand the definition of co-dependency
- To be introduced to the Twelve Step Program of Recovery for family, Al-anon, and Gam-Anon
- To utilize communication skills that are helpful in recovery

Benefits to patients:

- To begin to address consequences experienced by family members during use
- To allow honest and open communication with family members about addiction
- To gain insight into denial/delusion of addiction
- To resolve family relationship issues in a therapeutic setting
- To observe other families at work to better understand the recovery process