



The Center

The Center for Women's Recovery has its own beautiful living unit separate from the other programs, yet is still attached to the main campus. This 20-bed unit offers a warm, feminine environment that projects respect and dignity for the individual and celebrates women's empowerment and recovery in its art, décor, and culture. Most importantly, the Center's staff holds vision, love and energy for women in recovery.

Because women have complex lives and needs, both residential and outpatient programs are offered. We employ the Twelve Step Program of abstinence to form an essential core to the recovery process. This model for healing is all about healthy, balanced relationships with staff, loved ones, and an effective source of spiritual help. The Women's Residential Program offers both primary and extended care stay options ranging from approximately 30 days to 120 days.

While keeping the focus on chemical dependency, other areas of the women's lives are explored to help identify issues that can create barriers to the recovery process. Depression, poor self-esteem, physical, sexual, or psychological abuse, along with deficits in education or daily living skills may be part of the history that must be addressed in order to move forward.

Compassionate Hearts

Professional Services

Respectful Environment

The Center For Women's Recovery

Project Turnabout

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Recovery promotes freedom towards growth and change in mind, body, and spirit.



The Women's Program

Living with the disease of chemical dependency is a different experience for women than it is for men. The Center for Women's Recovery utilizes a model for women that not only recognizes this, but also helps them understand the effects of their addiction and prepare them for the special challenges they will face in recovery.

The Center for Women's Recovery welcomes women into a community of ongoing recovery and growth that helps them face their addictions clearly and proactively, as they would face any other disease.

Our mission at Project Turnabout is to keep our doors open, our costs down, and to respect the differences among those who come to us for help. By carrying out our mission, we pledge to do our part to make the best in treatment available to women in need.



Assessment

When entering the Center for Women's Recovery, each patient receives a thorough assessment, which addresses the following: physical and psychological needs, 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 Women's Program accepts females 18 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.

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

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 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