

Recovery Program Groups

Choosing Recovery

Participants will focus on relapse prevention. This group is designed specifically for those with a history of opioid use, including those involved with medication-assisted treatment. Participants will focus on addressing cravings, managing high-risk situations, learning about medically supervised withdrawal, and building life skills while in recovery and in medication-assisted treatment.

Wednesday | 4:00-5:30 p.m.

1.0 Outpatient

Embody Recovery

Participants have an opportunity to create inner peace and calm by learning to recognize and embrace their unique experiences in an honest and curiosity-filled way. We will develop or enhance skills to handle distressing situations, identify/regulate emotions, and learn how to encounter negative thinking while integrating components of health and overall well-being. This program is designed to be medium intensity, to prevent relapse, and to live a fulfilling life.

Monday & Tuesday | 4:00-7:00 p.m.

Wednesday | 4:00-5:30 p.m.

1.0 Outpatient

Integrated Recovery & Wellness

Our Integrated Recovery and Wellness group is an intensive outpatient co-occurring group, with a curriculum that is trauma-sensitive and evidence-based. Both mental health and substance use disorders are treated by one team simultaneously, and programming is specific to each client's unique needs and challenges faced at each stage of recovery. Aftercare includes time-unlimited weekly groups to review and practice skills.

Monday-Thursday | 1:00-4:00 p.m.

2.1 Co-occurring Intensive Outpatient

Recovery Era

Ages 13-17

Participants will engage in psychoeducational topics focused on substance use and recovery through group discussions. Over the 12 weeks, they will learn about various substances, the impact of substance use on physical and mental health, and coping and relapse prevention strategies to encourage continued sobriety.

Tuesday & Thursday | 2:00-4:00 p.m.

1.0 Adolescent Outpatient Treatment

Recovery Era Caregiver Support

Caregivers of Teens Ages 13-17

This is an education and support group for the caregivers of adolescents in the Recovery Era group.

Thursday | 2:00-4:00 p.m.

Recovery Partners*

Participants with co-occurring disorders learn how their mental health and substance use impacts their daily lives. The participants in this intensive outpatient program work with a multidisciplinary team to create a personalized treatment plan for recovery.

Monday & Thursday | 10:00 a.m.-12:30 p.m.

Tuesday & Wednesday | 10:00 a.m.-12:00 p.m.

2.1 Co-occurring Intensive Outpatient

*Group offered both in-person and telehealth.

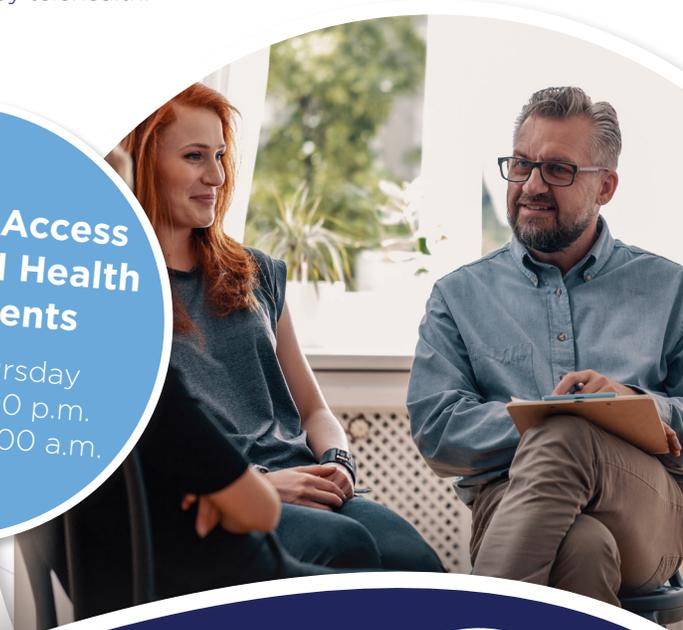
Speak to your counselor to determine if you qualify to attend by telehealth.

**Same Day Access
to Chemical Health
Assessments**

Monday-Thursday
8:00 a.m.-4:00 p.m.
Friday 8:00-11:00 a.m.

Learn More & Sign Up!

Please Contact Customer
Service at 507.289.2089.



Recovery Program Groups

Recovery Revolution*

Participants explore the impact of alcohol and drug use on their physical, emotional, and mental well-being, gaining insight into how substance use influences subconscious decisions. They also examine trauma, anger, and resentment, understanding their roles in addiction. Through this process, participants identify triggers, cravings, and urges while developing effective coping strategies. The group emphasizes the benefits of abstinence, fostering new thinking patterns, and strengthening communication skills.

Additionally, participants create a relapse prevention plan, equipping them with the tools needed to build a sustainable life in recovery.

Monday & Tuesday | 4:00-7:00 p.m.

Wednesday | 4:00-5:30 p.m.

1.0 Outpatient Treatment

*Group offered both in-person and telehealth. Speak to your counselor to determine if you qualify to attend by telehealth.

Recovery Roots

Participants will explore how substances affect their physical, emotional, and mental health, as well as their impact on identity, relationships, and families. They will also work on developing coping skills, identifying triggers, improving communication, and learning life and relapse prevention skills.

Monday & Wednesday | 2:00-4:00 p.m.

1.0 Outpatient

Recovery Values

Participants instill basic traits that will assist them in being successful in their own recovery as well as their personal and work life. This program will help each individual examine opportunities to explore self-reliance, self-direction, and self-discipline in daily life.

Monday, Wednesday, & Thursday | 9:00-11:00 a.m.

1.0 Outpatient

Right to Recovery

Participants focus on identifying relapse triggers, developing new patterns of thinking and building social networks with others. The group is specifically designed as an intensive harm reduction program for participants that have reached chronic stages of substance use.

Monday-Friday | 9:30-11:30 a.m.

2.1 Outpatient

Thrive

Grades 9-12

Thrive is a 12-week wellness group for teens focused on building healthier habits, stronger coping skills, and more confidence in handling life's stressors. Through creative activities and real-talk conversations, participants will explore topics they care about-like boundaries, managing emotions, and navigating relationships-while finding support in a safe, judgment-free space.

Dates & Times Fluctuate

Please call for upcoming details.

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