

FOUNTAIN CENTERS

A Mayo Clinic Health System program for substance abuse and addiction

MANKATO SERVICES

❑ Chemical use screenings

- Free!
- A brief face-to-face interview and a discussion of recommendations
- Assistance in accessing community resources including a full chemical use assessment

❑ Comprehensive chemical use assessments

- \$205 fee; full assessment summary for the referrer, and a letter with recommendations for the patient will be issued upon completion of the assessment

❑ Outpatient chemical dependency treatment for adults

- Comprehensive chemical use assessments completed to determine program needs
- Primary and Relapse group sessions held on Monday, Tuesday and Thursday from 9 a.m. to noon or 5 to 8 p.m.
- Transition Group held on Wednesday 9 to 11 a.m. or 5 to 7 p.m.
- Individualized treatment plans
- Individual and group counseling
- Family involvement
- Alcohol and drug education
- The 12 Steps of Alcoholics Anonymous and Narcotics Anonymous are integrated into the program
- Counseling staff utilizes Cognitive-Behavioral, Motivational Enhancement and Abstinence Monitoring interventions throughout the patient's course of treatment

RECOVERY SUPPORT SERVICES

We recognize that treatment is only the beginning of the healing process. We work hard on helping patient's to create continuing care plans that reflect their discharge needs and we are here to provide support even after the program is completed.

- Recovery Support Group: A trained volunteer facilitates a free group every Wednesday from 5 to 6 p.m.
- The Recovery Specialist, a trained Recovery Coach, supports each group by meeting with each facilitator monthly to discuss the motivation of group members, group dynamics and resources available to individuals in recovery
- Sober activities organized by our LIFE Club alumni group and designed to put the fun in recovery

Licensed by Minnesota Department of Human Services and accredited by The Joint Commission.

Most health insurance plans and consolidated funding are accepted.

**To make a referral, call 507-625-3372 or visit the office at
101 Martin Luther King Jr. Dr., Mankato, MN 56001**