

# FOUNTAIN CENTERS

A Mayo Clinic Health System program for substance abuse and addiction

## ROCHESTER SERVICES

### Chemical use screenings

- Free
- Assistance in accessing community resources

### 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 and adolescents

Adults	Adolescents
<ul style="list-style-type: none"><li>○ Comprehensive chemical use assessments completed to determine program needs</li><li>○ Primary Group sessions held on Monday, Tuesday and Thursday from 9 to 12 p.m. and 5 to 8 p.m. for approximately 8 weeks</li><li>○ Transitions Group held on Wednesday 10 to 12 p.m. and 5 to 7 p.m. for approximately 12 weeks</li><li>○ Individualized treatment plans</li><li>○ Individual and group counseling</li><li>○ Family involvement</li><li>○ Alcohol and drug education</li><li>○ The 12 Steps of Alcoholics Anonymous and Narcotics Anonymous are integrated into the program</li><li>○ Counseling staff utilizes Cognitive-Behavioral and Motivational Enhancement interventions throughout the patient's course of treatment</li></ul>	<ul style="list-style-type: none"><li>○ Comprehensive chemical use assessments completed to determine program needs</li><li>○ Primary Group sessions held twice weekly from 3:30-5:30 p.m. for approximately 16 weeks.</li><li>○ Transitions Group held once a week from 3:30 to 5:30 p.m. for approximately 16 weeks</li><li>○ Individualized treatment plans</li><li>○ Individual and group counseling</li><li>○ Family involvement</li><li>○ Alcohol and drug education</li><li>○ The 12 Steps of Alcoholics Anonymous and Narcotics Anonymous are integrated into the program</li><li>○ Counseling staff utilizes Cognitive-Behavioral and Motivational Enhancement interventions throughout the patient's course of treatment</li></ul>

## 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 Monday morning 9:30 to 10:30 a.m. and 5:30 to 6:30 p.m. and on Wednesday 5:30 to 6:30 p.m. A family support group is offered the first and third Thursday of each month at 7 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

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 507-252-0818 or visit the office at  
4122 18<sup>th</sup> Ave N.W. Rochester, MN 55901**