Adolescent Chemical Dependency/Co-Occurring Program

At NAL we understand the relationship between chemical use and emotional issues and have the services available to help with all of your needs. If you are struggling with the use and consequences of alcohol and other drugs, we understand and are here to assist you on your journey to recovery. Beyond chemical use, patients often find they are dealing with emotional and mental health issues.

ADOLESCENT CD CO-OCCURRING PROGRAM DETAILS

Our integrated team of CD and mental health professionals work with patients individually and in group settings. Patients will gain a solid understanding of the nature and process of addiction, while exploring the emotional and other issues that lead to chemical use. Patients will build positive strategies and coping skills for permanent change.

Who is eligible?

- Patients ages 13-18 who are still in school
- Patients who have a substance use disorder and may also have a mental health or emotional problem
- Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover chemical dependency services

What can I expect?

Each level consists of groups and individual therapy, case coordination, drug screening, and family involvement

- **Intensive Outpatient**
  - 3- two hour groups per week
  - 1 individual appointment per week (with patient's CD counselor)
  - This phase is approximately 10 weeks based on patient’s needs and progress

- **Step-down**
  - 1- two hour group per week
  - 1 individual appointment per week (with patient’s CD counselor)
  - This phase is approximately 10 weeks based on patient’s needs and progress
  - Generally, this level is used as a step down from intensive outpatient

What are the goals?

- Partner with the youth, by meeting them where they are at, to develop a therapeutic alliance
- Develop a realistic plan for change that promotes a healthy lifestyle
- Identify triggers for use, and develop practical coping skills
- Engage with the family and community to develop an effective continuing care plan
- Teach and encourage good nutrition, exercise, and overall physical and emotional health
- Teach and practice recreational and social activities that exclude the use of alcohol and other drugs

What other kinds of support is offered?

- **Family Education & Support Program**
  - Is open to everyone who has a loved one suffering from addiction and mental health symptoms
- **External support**
  - Patients will be guided toward developing weekly supports that fit your needs such as AA, NA, or one of numerous health realization or faith based support groups and activities that take place throughout MN
- **Individual Counseling & Psychotherapy Services**

MORE INFORMATION

Read about our full program at: www.nystromcounseling.com

If you feel you would benefit from our adolescent CD program, please call the clinic nearest you for more info or to make an appointment:

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duluth</td>
<td>218-722-4379</td>
</tr>
<tr>
<td>Eden Prairie</td>
<td>952-746-2522</td>
</tr>
<tr>
<td>New Brighton</td>
<td>651-628-9566</td>
</tr>
<tr>
<td>Coon Rapids</td>
<td>763-767-3350</td>
</tr>
<tr>
<td>Woodbury</td>
<td>651-714-9646</td>
</tr>
<tr>
<td>Otsego</td>
<td>763-746-9492</td>
</tr>
<tr>
<td>Baxter</td>
<td>218-829-9307</td>
</tr>
</tbody>
</table>

Commercial Insurances · Medicare MN · Medical Assistance (MA) · Prepaid Medical Assistance Plan (PMAP) · Reduced Private Pay Rates · CCDTF