If you are struggling with issues related to the use of alcohol and other drugs, we understand the impact this has on you and your loved ones. Our programs will help you on the journey toward recovery. Our patients gain a solid understanding of the nature and process of addiction, while exploring the issues that lead to chemical use and learning solutions and skills that lead to positive change.

CO-OCCURRING CHEMICAL DEPENDENCY DETAILS

Who is eligible?
► Those ages 18+ who are struggling with the use and consequences of alcohol and other drugs
► Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover chemical dependency services

What can I expect?
First, patients will be required to schedule a Chemical Dependency (CD) Assessment to determine their level of care. Based on those recommendations, they will be orientated into 1 of 3 levels of programming, which will decrease in intensity as they progress through their treatment. Each level consists of group and individual therapy which integrates a variety of evidenced based recovery strategies and skills training including DBT skills, 12 step principles, etc. Each level utilizes random drug screens to assist patients in maintaining abstinence from chemical use.

► High (medium-plus) Intensity
  • 3- three hour groups per week
  • 2 individual appointments per week (1 with patient’s CD counselor and 1 with a mental health professional)
  • This phase is a variable length of time, depending on patient’s needs and risk levels

► Medium Intensity
  • 3- three 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

► Low Intensity
  • 1- three 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 medium intensity

What other kinds of support is offered?
► After Care
  • 1- one hour peer support group per week to assist patients in ongoing recovery

► External support
  • Patients will be guided toward developing weekly supports that fit their needs such as AA, NA, or one of numerous health realization or faith based support groups and activities that take place throughout MN

► Family Education & Support Program
  • Is open to everyone who has a loved one suffering from addiction and mental health symptoms

► Medicated Assisted Treatment (MAT) with Suboxone™
  • Is for patients with severe opiate use disorders who qualify for programming

READ MORE INFORMATION
Read about our full program at:
www.nystromcounseling.com

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

Apple Valley  
952-997-3020

New Brighton  
651-628-9566

Maple Grove  
763-274-3120

Coon Rapids  
763-767-3350

Woodbury  
651-714-9646

Duluth  
218-722-4379

St. Cloud  
320-253-3512

Otsego  
763-746-9492

Baxter  
218-829-9307

Bloomington  
952-854-5034

Eden Prairie  
952-746-2522

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