

ALCOHOL & CHEMICAL DEPENDENCY TREATMENT FACILITY
ADMISSION INFORMATION

INTENSIVE INDIVIDUALIZED TREATMENT SERVICES

CEO: Clelland "Gil" Gilchrist

Assistant Executive Director /Treatment Director: David Smith, Ph.D., LICSW

Medical Director: Dr. Michael McCarthy

Facility: *New Beginnings* at Waverly
109 North Shore Drive
Waverly, MN 55390
763-658-5800 or 1-800-487-8758

Admission: 24 hours a day, 7 days a week

EVENING TREATMENT SERVICES

New Beginnings at St. Peter
201 West Park Row
Suite B
St. Peter, MN 56082
507-931-0918

New Beginnings at Litchfield
114 North Holcombe
Litchfield, MN 55355
320-693-2461

New Beginnings at Elk River
{Day Jail Program}
13880 Highway 10
Elk River, MN 55347
651-245-4272

New Beginnings at Olivia
{Day Jail Program}
104 So. 4th Street
Olivia, MN 56277
612-590-7988

New Beginnings at Waverly, L.L.C.
Philosophy, Mission, and Vision Statements

New Beginnings Philosophy of Care

Addiction is a medically and scientifically recognized disease of the mind, body, and spirit. Though caused by complex environmental and genetic factors, a variety of treatment approaches are known to be effective. Addiction treatment requires a comprehensive evidence-based interdisciplinary model of care reflecting nationally recognized standards. Addiction recovery requires a professional and purposeful approach combining education, prevention, and intervention techniques to achieve the goal of restoring clients and their families to vital living. We believe aftercare and 12 step support groups are effective known adjuncts to professional care.

New Beginnings Mission Statement

New Beginnings at Waverly is a nationally recognized preferred provider of addiction treatment services with a demonstrated legacy of caring and expertise in providing individualized treatment services for patients and their families in a positive, respectful, and healing environment, one person at a time, one day at a time.

Vision Statement

New Beginnings is a nationally recognized preferred provider of professional addiction treatment services demonstrating a legacy of caring and expertise.

Our practice motto: *"It's Never Too Late for a New Beginning."*

**The Waverly Mystique
The Hubert H. Humphrey
Home
At Waverly**

“When you are tired and weary and maybe even losing your way, the best thing for a man is to come home and touch the hand of his friend. That is the way I will always think of this place and of you, and the wonderful years that Muriel and I and my family have had among you.” (Hubert Humphrey, 1964, speaking from the steps of the Waverly City Hall as he was about to leave for Washington to assume the office of Vice President.)

In 1954 the then Senator, Hubert Humphrey, purchased several acres of land on the north shore of Lake Waverly. The house was built in 1955, with several additions in later years. The Humphrey family, with roots in the rural Midwest, was looking for retreat from the stress and pace of Washington, D.C.

Initially, the house consisted of three rooms and a loft. The main living room, still intact, has a central fireplace and large picture window, facing south to the lake. Bedrooms were later added to the west of the main room. These are now occupied by counseling offices. Also added later was the library, which is still intact. This is the room that gives you the closest feeling of what Humphrey’s life here was like. This is the place that Humphrey retreated to relax, renew himself, and think.

Both Hubert and Muriel had a deep life-long concern for those who were suffering. It was Muriel’s hope that the Waverly home would become a place that promoted healing. A close friend, when asked how he thought Hubert would feel if he knew his home had been turned into a chemical dependency treatment center said, “If he thought it had become a place for people to come to seek out healing, to renew themselves, he’d think it was great. That’s what he did there.”

This is what New Beginnings has become for our patients --- a place to seek out healing, and renew themselves. And remember the Vice-President’s words, “When you are tired and weary and maybe even losing your way, the best thing for a man is to come home and touch the hand of a friend.”

The heart of our program is to provide the highest quality care, in a positive and caring atmosphere, to each individual patient and their family.

It is only through this kind of dedicated commitment that we can attain our goal, which is to return the alcohol/drug abuser and their family to the vital, healthy, lives they once had.

One person at a time. One day at a time.

New Beginnings at Waverly
TREATMENT SERVICES PROVIDED
Waverly Facility

This is an intensive, individualized 24-hour treatment service provided by an interdisciplinary team under the general direction of our Medical Director. Length of service is variable according to patient needs. The target population is composed of chemically abusing persons, whose physical and emotional condition does not prevent their full participation in the program.

THE CLINICAL SERVICES PROVIDED ARE:

- A. Needs Assessment
- B. History and Physical Examination; medically supervised sub-acute withdrawal management for alcohol, street drugs and prescription drugs.
- C. Medical Director, 24 hours a day, 7 days a week.
- D. Nursing services, 24 hours a day, 7 days a week.
 - 1. Providing skilled nursing care, including comprehensive nursing assessments.
 - 2. Performing prescribed medical treatments.
 - 3. Teaching patient health care measures.
- E. Comprehensive Assessments addressing:
 - 1. Alcohol/Drug use
 - 2. Emotional, behavioral, social issues
 - 3. Spiritual issues
 - 4. Leisure time activities
 - 5. Psychological issues
 - 6. Physical issues
 - 7. Family issues
 - 8. Vocational issues
 - 9. Nutritional issues
- F. Interdisciplinary and individualized treatment plans and services to assist the patient in identifying and addressing his/her problems via:
 - 1. Individual counseling, including spiritual, vocational, educational as appropriate
 - 2. Group counseling
 - 3. Family counseling
 - 4. Activities services
 - 5. Didactic seminars, audio/visual aides
 - 6. Introduction to the fellowship of Alcoholics Anonymous, Narcotics Anonymous and for the families Al-Anon, and Nar-Anon
 - 7. Utilization of community resources for special patient diagnostic procedures, medical or health care needs
 - 8. Support services (i.e., Dietary, Housekeeping) to enhance the patient's sense of well-being, self-worth and dignity
 - 9. Men's and Women's support groups
 - 10. Continuing care planning groups
 - 11. Relapse Program
 - 12. Male & Female Stimulant Drug Program – separate male/female groups
 - 13. Mental Health Psychotherapy Group
 - 14. Employer/Employee conferences

New Beginnings at Waverly
INTENSIVE DAY SERVICES
Waverly Facility

INTENSIVE DAY SERVICES WITH OR WITHOUT LODGING

The Intensive Day Services are individualized 6-8 hours per day that are provided by an interdisciplinary team under the general supervision and direction of a licensed physician. Length of service is variable according to patient needs. The target population is composed of persons who abuse chemicals and whose physical and emotional condition does not prevent their full participation. The service is designed to maximize the therapy experience by offering options within a continuum.

- A. A physician's review of patient completed medical questionnaire.
- B. In-depth alcohol and drug use assessment.
- C. A comprehensive emotional, behavioral and social history.
- D. Interdisciplinary treatment services to assist the patient and the family members to address the identified clinical problems via:
 - 1. Individual counseling including spiritual, psychological, vocational education as appropriate
 - 2. Group counseling
 - 3. Family counseling
 - 4. Activities services as appropriate
- E. Didactic seminars, audio/visual aides
- F. An introduction to and involvement with the fellowship of Alcoholics Anonymous/ Narcotics Anonymous.
- G. Employer/Employee conferences

New Beginnings at Waverly
FAMILY / CONCERNED PERSON SERVICES
Waverly Facility

Our Family / Concerned Person Services is an intensive service designed to provide therapy for family / concerned persons of the chemically dependent patient.

At the time of the patient's admission to *New Beginnings* at Waverly, a consolidated team effort is initiated to coordinate family / concerned person participation and provide individualized treatment services to everyone involved. Our staff will assist the family / concerned person with obstacles that interfere with their involvement.

The family / concerned person service is designed to give the family or significant others an understanding of the disease of chemical dependency and to introduce them to appropriate communication skills and relationships. The families participate in a series of groups to identify and express feelings and to learn problem solving techniques. The family program also addresses the difficulties the family may encounter after the patient returns home, and how to have a supportive and harmonious family unit with appropriate boundaries. This process is completed through lectures, films, discussion groups, individual and group therapy.

There is a Family Unit Registration fee of \$25 per family unit. This includes all family members that attend for that patient. Lunch is also included with the Family Registration fee. When the family members arrive, please go directly to the Reception Office and pay the receptionist.

New Beginnings at Waverly
RELAPSE TREATMENT SERVICES
All Facilities

Relapse is a process, not an event. The relapse process has a pattern that is progressive; it keeps moving the person away from the recovery plan. The symptoms of chemical dependency become reactivated. The process will end with chemical use! Our comprehensive treatment service is a blend of many components that will insure that the patient does not simply duplicate a previous treatment experience, but builds upon that experience. We provide a series of intensive therapy sessions, workshops, education and family groups to assist patients in identifying their own symptoms and self-defeating behaviors that lead to relapse. The relapse program is comprised of sessions focusing on the following:

RELAPSE FOCUS GROUPS

Each focus group for the patient who has relapsed aides in identifying the issues related to the relapse and plans to prevent relapse in the future.

These include:

- *Understanding Relapse
- *Signs and symptoms of relapse
- *High-risk situations leading to relapse
- *Identifying and handling urges to use drugs
- *Guilt, shame and recovery
- *Stopping an actual relapse

RE-ENTRY GROUPS

Each group provides practical strategies for maintaining a chemically free lifestyle, which are discussed and personalized. Patients utilize the “Relapse Prevention Workbook” and “Inventory of Drinking and Drug Taking Situations” in these groups.

GROUP THERAPY

Each patient shares individual assignments relative to their treatment goals and objectives. The goal of the group is to build a support network with other individuals who have relapsed.

REFUSAL SKILLS TRAINING

The Relapse counselor facilitates a series of role-plays where a patient is in a high-risk drinking/using situation and assists the patient in developing strategies to refuse the offer of alcohol and/or other drugs.

RELATIONSHIPS AND RELAPSE GROUPS

These groups focus on the way interpersonal relationships are developed, which may affect relapse.

RELAXATION TRAINING

The goal of the Relaxation groups is to provide patients who have relapsed with specific tools they can utilize to cope with difficult feelings, which arise early in recovery (stress, anger, etc.)

MEN ONLY – STIMULANT ADDICTION GROUP
(METHAMPHETAMINE / AMPHETAMINE / COCAINE USE)
Waverly Facility

The Men's Stimulant addiction group is designed to meet the special needs of adult men that have been affected by this group of drugs. We have separated the men from the women due to the behaviors associated with the use of these drugs.

New Beginnings at Waverly believes that the Cocaine / Methamphetamine / Amphetamine addict is more similar to the alcoholic and other chemically dependent persons than dissimilar and should not be treated in isolation. To treat the addict separately will lead into his/her self-perception of uniqueness and tendency towards grandiose, controlling behavior.

New Beginnings at Waverly does recognize the rapid progression of the disease and the secondary withdrawal drug cravings from chronic drug use. In order to address these issues, the following service components have been implemented into the existing

New Beginnings at Waverly program.

- A. Additional programming specific to cocaine / methamphetamine use.
- B. Specially structured group experiences that are interactive and intense and work with real life potential relapse situations.
- C. Educational Series
 1. Medical lecture by the physician devoted to physiological/medical aspects of Drug Addiction
 2. Literature on Cocaine, Methamphetamine, Amphetamine Addiction
 3. Films "Methamphetamine", "Crack Cocaine", "Cocaine Update", "Crank County", and "Meth's Deadly High".
 4. Writing assignments focusing on the consequences of his stimulant use as well as acceptance of the disease

- D. Rehabilitation groups focusing on:

Cocaine / Methamphetamine / Amphetamine use as a Disease

Goal: To promote an understanding and acceptance of the disease of Cocaine / Methamphetamine / Amphetamine Dependency.

Patients will identify patterns of use symptoms of drug addiction, an understanding of primary addiction, both chronic and acute, and that it is a progressive disease that is treatable.

Living in a Crisis

Goal: To assist the patient in developing ways to live without the "Adrenalin Rush."

Goal: To identify pre-use relapse warning signs.

Patients will learn that emotional recovery is a process, which includes accepting our emotions as a part of our human experience, learning to identify, express and release our emotions and allowing suppressed emotions to be identified, expressed and released.

Men Only - Stimulant Addiction Group - Continued

Guilt, Shame and Recovery

Goal: To assist the patient in distinguishing between guilt and shame related to their addiction and to develop strategies to confront and heal from shame
Patients will identify life areas which they found enjoyable, and through a process of sensory re-learning, develop a healthy recreational lifestyle.

Cocaine / Methamphetamine / Amphetamine Use Stress and Recovery

Goal: To identify self-defeating behaviors that inevitably lead to relapse.

Goal: To identify stress as a normal part of life and determine when a patient is seeking crisis for an adrenalin rush.

E. Nutritional and Exercise Programs that help the patient to quickly enhance their focus on treatment and recovery.

F. Family Program

G. Aftercare Planning

H. Intensive Relapse Prevention groups focusing on:

Euphoric Recall

Goal: To assist the patient in identifying environmental stimuli that trigger Euphoric Recall and develop alternative responses.

Patients will develop lists of people, places, and things that they most closely associate with their using. They develop a "Fire Drill" plan for responding to those stimuli.

Planning Your Next High.

Goal: To assist patients in understanding the process and symptoms which are involved in a relapse.

The patient will become cognizant of the fact that when they are not involved with a recovery program they will be (unconsciously) involved in preparing themselves mentally, physically and environmentally for a relapse.

Grief and Loss

Goal: The patient will learn that their primary relationship in life is with the chemical. The loss of that primary relationship is as devastating as the loss of a loved one.

This group helps the patient parallel the grief process that people experience over the loss of a loved one to the patient's loss of the chemical.

I. Contingency Contracting with employer, family, social worker, probation, etc.

New Beginnings at Waverly
WOMEN ONLY- STIMULANT ADDICTION GROUP
(METHAMPHETAMINE / AMPHETAMINE / COCAINE USE)
Waverly Facility

The Women's Stimulant addiction group is designed to meet the special needs of adult women that have been affected by this group of drugs. During the initial stages of treatment and recovery, chemically dependent women often times find themselves having to come to grips with overwhelming emotions as a result of past difficult experiences in which they were unable to cope. There are a number of sensitive issues, which need to be addressed in treatment for women to experience quality recovery. Many women enter chemical dependency treatment with histories of victimization from sexual, physical and emotional abuse. The other issues may be domestic violence, sexual assault/rape and prostitution.

These sensitive issues all require a delicate touch and a safe environment to discuss and develop healthy ways in which to cope with the intense emotions involved. The ability to repress or block difficult memories and emotions becomes increasingly difficult and overwhelming, promoting emotional paralysis. As the mood altering chemicals are removed, many need encouragement and empowerment to break through the emotional paralysis' that block their ability to make progress in treatment and recovery.

New Beginnings at Waverly believes that the Cocaine / Methamphetamine / Amphetamine addict is more similar to the alcoholic and other chemically dependent persons than dissimilar and should not be treated in isolation. To treat the addict separately will lead into her self-perception of uniqueness and tendency towards grandiose, controlling behavior.

New Beginnings at Waverly does recognize the rapid progression of the disease and the secondary withdrawal drug cravings from chronic drug use. In order to address these issues, the following service components have been implemented into the existing

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- A. Additional programming specific to cocaine /methamphetamine use.
- B. Specially structured group experiences that are interactive and intense and work with real life potential relapse situations.
- C. Educational Series
 1. Medical lecture by the physician devoted to physiological/medical aspects of Drug Addiction
 2. Literature on Cocaine, Methamphetamine, Amphetamine Addiction
 3. Films "Methamphetamine, "Crack Cocaine", "Cocaine Update", "Crank County", and "Meth's Deadly High".
 4. Writing assignments focusing on the consequences of her stimulant use as well as acceptance of the disease.

Women Only – Stimulant Addiction Group - Continued

- D. Rehabilitation groups focusing on:
Cocaine / Methamphetamine / Amphetamine Dependency as a Disease

Goal: To promote an understanding and acceptance of the disease of Cocaine / Methamphetamine / Amphetamine Dependency. Patients will identify patterns of use symptoms of drug addiction, an understanding of primary addiction, both chronic and acute, and that it is a progressive disease that is treatable.

Living in a Crisis

Goal: To assist the patient in developing ways to live without the “Adrenalin Rush.”

Goal: To identify pre-use relapse warning signs. Patients will learn that emotional recovery is a process, which includes accepting our emotions as a part of our human experience, learning to identify, express and release our emotions and allowing suppressed emotions to be identified, expressed and released.

Guilt, Shame and Recovery

Goal: To assist the patient in distinguishing between guilt and shame related to their addiction and to develop strategies to confront and heal from shame. Patients will identify life areas which they found enjoyable, and through a process of sensory re-learning, develop a healthy recreational lifestyle.

Cocaine / Methamphetamine / Amphetamine Stress and Recovery

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Planning Your Next High.

Goal: To assist patients in understanding the process and symptoms which are involved in a relapse.

The patient will become cognizant of the fact that when they are not involved with a recovery program they will be (unconsciously) involved in preparing themselves mentally, physically and environmentally for a relapse.

Grief and Loss

Goal: The patient will learn that their primary relationship in life is with the chemical. The loss of that primary relationship is as devastating as the loss of a loved one. This group helps the patient parallel the grief process that people experience over the loss of a loved one to the patients loss of the chemical.

I. Contingency Contracting with employer, family, social worker, probation, etc.

MENTAL HEALTH PSYCHOTHERAPY GROUP
Waverly Facility

Frequency of Group Meetings: A weekly one-hour session throughout patient's stay in treatment.

Overview: Experience has shown us that many chemically dependent patients have a history of mental health disability. Common too, are histories of medical management with psychotropic medications, personality disorders, and a variety of abuse/trauma issues. While it is very common for these issues to be identified for the patient, there most often is a limited history of direct participation with related therapy or medical services. Often, the patient's chemical dependency has proven to be a primary barrier. The purpose of this Psychotherapy Group is to address issues which can/may stand in the way of the patients' involvement with mental health services.

Most often our chemically dependent patients are not clearly invested in recognizing or addressing their mental health issues. While often there is an existing mental health diagnosis, there is seldom a related history of ongoing mental health treatment. Those professionals who have diagnosed a mental health disorder may not be aware of the extent of ongoing chemical use issues, and so mental health care is often derailed by unrecognized chemical dependency. The patient simply disappears from care, either moving or losing interest.

It is common for our patients to question whether they use drugs/alcohol to self-medicate for emotional issues or if they have emotional issues because of the chaotic influences of mood altering substances. This "either/or thinking" is counter-productive. Also common is a tendency among chemically dependent persons to fear psychotropic medications, seeing them as contraindicated by their chemical dependency.

Very often people come to treatment with a mixed history of compliance with mental health treatment. Patients are often placed on psychotropic medications while in chemical dependency treatment, but do not follow through with medical management or mental health therapy upon discharge. There is often not enough emphasis placed upon mental health issues; both chemical dependency therapists and patients can fear the potential of divisiveness and become overwhelmed. Mental health issues become sidelined.

This Psychotherapy Group works to reduce these, and related difficulties, through an approach that is, in part, educational and is part of an awareness/acceptance related nature. The patients that have identified mental health issues need to incorporate those issues into their treatment process.

(Psychotherapy Group continued)

Patients will be given basic information related to the concept of “MI/CD.” They will be encouraged to explore and attempt to define their own MI/CD issues and to accept that both issues will require concurrent planning in order to optimize success. Each patient will be asked to participate in developing a discharge plan that includes specific aftercare with a mental health domain.

The purpose of this group is not, then, to offer direct therapy but rather to work toward sensitivity, awareness, and acceptance of mental health issues. The group will also provide a system of mutual support for patients who otherwise can be overwhelmed by the dual nature of their disability status. The ultimate purpose of this group is to assist patients in understanding the mixed nature of their disability status and to accept the challenge of addressing their total constellation of needs.

Upon discharge, each participant will be expected to have a discharge plan, which includes mental health needs.

WEEKLY SCHEDULE

- 1) Lecture Seminars – Friday and Saturday
 - A) Anger Management
 - B) Stress Management
 - C) Loss and Grief Management
 - D) Cognitive Therapy Management
- 2) Individual Therapy – As needed
- 3) Group Therapy – Weekly / One hour sessions for Women, Men and MICD patients.
- 4) Counselor will also participate in development of patient’s Continuing Care/Discharge Plans.

Litchfield, MN 55355
Phone: 320-693-2461
Fax: 320-693-2435

After Hours Intake/Inquiry/Messages #: 1-800-487-8758

DWI/DUI/Court/Probation Ordered Evaluations and typed summaries: \$225.00 fee

Treatment Hours

Primary Group:	Monday, Tuesday and Thursday 20 to 24 Sessions Individual sessions available	5:30 pm to 8:30 pm
Relapse Group:	Monday, Tuesday and Thursday 8 to 16 Sessions Individual sessions available	5:30 pm to 8:30 pm
Family Group:	Monday	5:30 pm to 8:30 pm
Continuing Care:	Wednesday	5:30 pm to 7:00 pm

The length of treatment services is personalized according to individual needs of the patient

Clelland "Gil" Gilchrist, CEO
Christian Wendroth, Counselor
Mike Cates, Continuing Care Coordinator

Program Description

New Beginnings at Litchfield provides treatment services to individuals who present varying levels of chemical dependency or abuse. Services are provided to persons whose physical and emotional condition permits full participation in a structured program of treatment. Individuals and family members are referred to family programming when their treatment plan indicates a need. Relapse programming is designed specifically for patients who have completed at least one chemical dependency treatment program, have previously worked through denial, have accepted their addiction, and experienced a period of successful recovery prior to relapse. Continuing care services are provided to support and sustain the gains established during their treatment process.

Licensure: Department of Human Services, MN Department of Health & JCAHO accredited.

New Beginnings at St. Peter
201 West Park Row, Suite B
St. Peter, MN 56082

507-931-0918
Fax # 507-931-0934

After Hours Intake/Inquiry/Messages #: 1-800-487-8758

DWI/DUI/Court/Probation Ordered Evaluations and typed summaries: \$225.00 fee

Treatment Hours

Primary Group:	Monday, Tuesday and Thursday 16 to 24 Sessions Individual sessions available	5:30 pm to 8:30 pm
Relapse Group:	Monday, Tuesday and Thursday 12 to 16 Sessions Individual sessions available	5:30 pm to 8:30 pm
Family Group:	Tuesday	5:30 pm to 8:30 pm
Continuing Care:	Wednesday	6:00 pm to 8:00 pm

** The length of treatment services is personalized according to individual needs of the patient **

Clelland "Gil" Gilchrist, CEO
Carla Rolle, Counselor

Program Description

New Beginnings at St. Peter provides treatment services to individuals who present varying levels of chemical dependency or abuse. Services are provided to persons whose physical and emotional condition permits full participation in a structured program of treatment. Individuals and family members are referred to family programming when their treatment plan indicates a need. Relapse programming is designed specifically for patients who have completed at least one chemical dependency treatment program, have previously worked through denial, have accepted their addiction, and experienced a period of successful recovery prior to relapse. Continuing care services are provided to support and sustain the gains established during their treatment process.

Licensure: Department of Human Services, MN Department of Health & JCAHO accredited.

***New Beginnings* at St. Peter**
201 West Park Row, Suite B
St. Peter, MN 56082
507-931-0918
Fax # 507-931-0934

I.S.A.T.

INTENSIVE SUPERVISION AND TREATMENT

Treatment Hours

Tier I:	Admission process and Jail	
Tier II:	Monday and Wednesday Approximately 3 months	5:30 pm to 8:30 pm
Tier III:	Wednesday Approximately 3 months	5:30 pm to 8:30 pm
Tier IV:	Wednesday Approximately 3 months	5:30 pm to 7:00 pm
Tier V:	Wednesday First Wednesday of each month for approximately 3 months	5:30 pm to 8:30 pm

Clelland "Gil" Gilchrist, CEO
Thomas Forstrom, Counselor
Deanna M. Ruffing, Nicollet County Court Services

Program Description

ISAT is an approximately one-year, highly structured treatment service for chemically dependent repeat DWI offenders that is an alternative to traditional treatment. It facilitates structured recovery with less involvement as the client progresses through the program and assumes more responsibility. ISAT is flexible to the offender's needs. Intensity decreases with progress or may be increased as needed. The program is cognitive and relapse based. It is expected that this population of clients will experience difficulties. Despite these difficulties, success is expected as a core principle of this program.

The ISAT Program directly involves the probation agent in treatment, which enables the client to see the probation department and treatment provider as partners in recovery, rather than adversaries. ISAT incorporates curfew, unannounced random home visits with alco-sensor and urinalysis testing, and weekly involvement in AA/NA.

Licensure: Department of Human Services, MN Department of Health & JCAHO accredited.

Updated: Feb'06/GG

New Beginnings at St. Peter
201 West Park Row, Suite B
St. Peter, MN 56082
507-931-0918

DRUG COURT

Treatment Hours

- Phase I: Stabilization
Approximately 15 to 30 days. Assessment completed and treatment plan developed. Follow recommendations.
- Phase II: Enlightenment – Monday and Thursday 5:30 pm to 8:30 pm
4 to 6 months. Generally 6 hours of out-patient group therapy per week.
- Phase III: Acceptance - Thursday 5:30 pm to 8:30 pm
3 to 6 months. Generally 2 hour's out-patient group therapy per week.
- Phase IV: Healthy Living
3 to 6 months. Recommendations will vary per individual client progress.

Clelland "Gil" Gilchrist, CEO
Thomas Forstrom, Counselor

Program Description

We recognize drug courts promote recovery through a coordinated response to offenders who are dependent on alcohol and other drugs. Utilization of the team approach is exactly what we do at New Beginnings at Waverly ourselves. Were it not for cooperation and collaboration of probation authorities, insurance providers, treatment providers, evaluators, families, friends, referrals, clergy, we would not be successful. Likewise, we employ a multi phased treatment process, similarly divided into a stabilization phase, an intensive treatment phase, a transition phase, then the maintenance phase. Our goal, in the end, is the same as the Nicollet County Drug Court: to engage people in the appropriate treatment long enough to experience the benefits of treatment, as well as to end the cycles of relapse and recidivism.

Licensure: Department of Human Services, MN Department of Health & JCAHO accredited.

Dec'06/GG

Clearinghouse at New Beginnings in Waverly
109 North Shore Dr.
Waverly, MN 55390
1-800-487-8758 ext. 258

"THE CLEARINGHOUSE"

METH & COCAINE PRE-TREATMENT

MISSION STATEMENT

Our mission is to assist those suffering from stimulant addiction. The goal is to start the recovery process and prepare clients to enter primary treatment. The Clearinghouse will offer cognitive, social, spiritual, behavioral, and physiological exercises to assist clients in their personal recovery. This will prepare them for the rigors of a more formalized treatment at New Beginnings and beyond.

Description

The Clearinghouse was developed in conjunction with Medica Health Plans with the help of Dr. Cardwell C. Nuchols, Ph.D. Clients have been entering primary treatment with the devastating effects of Cocaine and Methamphetamine. Some of the major effects include severely diminished cognition and ability to focus and remember crucial recovery concepts they need from primary treatment. The Clearinghouse provides a safe and structured 24-hour environment where clients can regain the ability to retain information through different cognitive and thinking exercises. Initially, they are allowed to “crash” and normalize sleeping patterns. Then they begin a structured and supervised schedule of nutrition, exercise, Yoga meditation, 12-step recovery education, both community based physical and psychological withdrawal management, autobiography, daily lecture by an LADC, and chemical assessment.

- Their progress is monitored by the Case Manager for the Clearinghouse, and David Smith, Ph.D., LICSW, Director of Treatment Services.
- Outcome studies for the first year indicate a high success rate with 72% remaining clean from 30 days to 1 year.
- Length of stay is personalized according to individual need of the client.
- For referral or information, contact:

Clearinghouse Case Manager & Coordinator

Monday thru Friday Daytime Intake # 1-800-487-8758

After Hours Intake/Inquiry/Messages # 320-583-0216

Clelland “Gil” Gilchrist, CEO

Clearinghouse Case Manager

David Smith, Ph.D., LICSW, Director of Treatment Services

New Beginnings at Elk River

{Day Jail Program}
13880 Highway 10

New Beginnings at Olivia

{Day Jail Program}
104 So. 4th Street

The purpose of this program is to support the Court's mission to reduce offender alcohol and other drug problems successfully while in a jail setting. Our goal will be to decrease related criminal activity significantly as a result of this process. In addition to the schedule to the outline below we have a unique feature in this service. A Life Coach will be assigned to make each person to be accountable and responsible for their own actions via the Mentoring program. Each client will begin their recovery process with evidenced based techniques that are provided with a variety of learning options.

- Tier 1: 1 month
- Tier 2: 3 - 5 months
- Tier 3: 1 – 3 months
- Tier 4: as directed by probation

The purpose of each phase of the client's process is to support recovery and teach the value of personal accountability. The problem areas that are identified will be addressed when the mentor meets with the client to discuss their recovery. Mentoring is flexible to the offenders needs. The mentoring program directly involves the probation agent which will allow the client to see probation and treatment as partners in their recovery. Mentoring incorporates curfew, unannounced random home visits with Alco-Sensor and urinalysis testing and weekly involvement in AA/NA.

New Beginnings at Waverly

WOMEN'S PROGRAM

{Located in a calm environment just outside of Waverly}

The Women's Program is a nurturing environment where women connect with other women. Where they begin to grow and heal. Where they gain spirituality, strength and empowerment in their lives. This is an intensive, individualized 24-hour treatment service provided by an interdisciplinary team under the general direction of our Medical Director. Length of service is variable according to patient needs. The target population is composed of chemically abusing persons, whose physical and emotional condition does not prevent their full participation in the program.

THE CLINICAL SERVICES PROVIDED ARE:

- G. Needs Assessment
- H. History and Physical Examination; medically supervised sub-acute withdrawal management for alcohol, street drugs and prescription drugs.
- I. Medical Director, 24 hours a day, 7 days a week.
- J. Nursing services, 24 hours a day, 7 days a week.
 - 1. Providing skilled nursing care, including comprehensive nursing assessments.
 - 2. Performing prescribed medical treatments.
 - 3. Teaching patient health care measures.
- K. Comprehensive Assessments addressing:
 - 1. Alcohol/Drug use
 - 2. Emotional, behavioral, social issues
 - 3. Spiritual issues
 - 4. Leisure time activities
 - 5. Psychological issues
 - 6. Physical issues
 - 7. Family issues
 - 8. Vocational issues
 - 9. Nutritional issues
- L. Interdisciplinary and individualized treatment plans and services to assist the patient in identifying and addressing his/her problems via:
 - 1. Medical Management
 - 2. Primary Treatment
 - 3. Group and Individual Sessions
 - 4. Family Program
 - 5. Women's Specific issues
 - 6. Women's Mental Health Psychotherapy Group
 - 7. Nutritional Lectures
 - 8. Relapse Awareness Group
 - 9. Drug Specific Focus Group
 - 10. Recovery Skills
 - 11. Therapeutic Recreation/Relaxation
 - 12. AA/NA Meetings
 - 13. Board and Lodging Facility
 - 14. Continuing care planning groups
 - 15. Transportation Provided

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