

## ***Our Multidisciplinary Team Offers***

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- \* Rule 25s and Comprehensive Assessments
- \* Mental Health Assessment and Treatment
- \* Treatment Coordination
- \* Psychiatry Consult and Medication Review (by referral only)
- \* Relapse Prevention
- \* Smoking Cessation
- \* HIV/TB/STI Education
- \* Sober Recreation Activities
- \* Life Skills (housing, employment, social, etc.)
- \* DWI/DUI Education Classes

## ***Services Coming Soon***

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- \* SUDS Adolescent Assessment and Treatment
- \* Gambling Assessment and Treatment
- \* Recovery Peer Support

## ***Payment Options***

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Services are billed face to face for 15 minutes or hourly increments.

We accept State of Minnesota insurance plans, private, commercial, county funding, and self-pay.

## ***Lake Country Associates SUD sites:***

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Menahga  
11 Main Street NW  
218-564-9229

Park Rapids (Assessments Only)  
515 Bridge Street East  
218-366-9229



## Substance Use Disorder Services

### **Adult High Intensity Outpatient Treatment**

Lake Country Associates, Inc.  
provides supportive  
services to communities in the  
Northern Lakes Region.

515 Bridge Street East  
Park Rapids, MN 56470  
Phone 218-366-9229  
Fax 218-237-2520

11 Main Street NW  
Menahga, MN 56464  
Phone 218-564-9229  
Fax 218-237-2520

[lakecountryassociates.com](http://lakecountryassociates.com)

## ***Program Description***

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Lake Country Associates SUDS is designed to provide High Intensity Outpatient services for adults. Evidence based research shows Motivational Interviewing increases higher recovery progress when moving through the Stages of Change.

Our program incorporates Person-Centered Treatment Planning, which allows clients to have an active role in self-identifying their goals, while clinicians build upon the client's strengths when treatment writing.

We promote harm reduction, which does include urine analysis. Showing accountability and being honest about vulnerabilities are key concepts to implementing recovery values in one's life.

"Recovery" is individualized at Lake Country Associates SUDS. We want to offer services to help the "Whole Person" while also promoting a therapeutic, safe environment to heal and grow.

**Let Your Recovery Journey Begin  
With Us!**



## ***Substance Use Assessments***

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We offer two types of SUD Assessments:

- 1) Rule 25- often required by the court
- 2) Comprehensive Assessment- those referred by self or others in order to establish appropriate level of care for treatment and direct referrals for intake. LADC's identify problem areas and make recommendations based upon needs, which may or may not suggest substance use disorder treatment.

## ***Groups Offered***

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### **Day Group**

Mondays, Tuesdays, & Thursdays  
12:30pm-3:30pm

### **Evening Group**

Mondays, Tuesdays, & Thursdays  
4pm-7pm

## ***Family Involvement***

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Family involvement is an important part to the recovery process. We encourage open communication between clients, counselors, and family members to identify issues and promote healing. Opportunities for participation in sessions are available by appointment and every six weeks during group's Family Day.

***For more information on  
Substance Use Education, Use  
Trends, and Correlation of  
Dual Disorders please visit:***

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[www.drugabuse.gov](http://www.drugabuse.gov)

[www.samsha.gov](http://www.samsha.gov)

[www.abovetheinfluence.com](http://www.abovetheinfluence.com)

[www.drugfreeworld.org](http://www.drugfreeworld.org)

[www.health.state.mn.us](http://www.health.state.mn.us)

[www.cdc.gov](http://www.cdc.gov)

[www.hazelden.gov](http://www.hazelden.gov)

