

Our Multidisciplinary Team Offers

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

Coming Soon:

- Peer Recovery Services
- Day Group Sessions

Payment Options

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:

Menahga (Assessments & Treatment)
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

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

Program Description

Lake Country Associates (LCA) SUD services are 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 on the client's strengths when treatment planning.

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

"Recovery" is individualized with our SUD services. We 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

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. Licensed Alcohol and Drug Counselors (LADC) identify problem areas and make recommendations based on needs, which may or may not suggest substance use disorder treatment.

Groups Offered

Evening Group

Monday, Tuesday, and Thursday
4PM-7PM

Family Involvement

Family involvement is an important part of 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:***

www.drugabuse.gov

www.samsha.gov

www.abovetheinfluence.com

www.drugfreeworld.org

www.health.state.mn.us

www.cdc.gov

www.hazelden.gov

