

LCA's Multidisciplinary Team Offers

- * Rule 25s and Comprehensive Assessments
- * Peer Recovery Services
- * Mental Health Assessment and Counseling
- * Treatment Coordination
- * Psychiatry Consult and Medication Review (by referral)
- * Relapse Prevention
- * Smoking Cessation
- * HIV/TB/STI Education
- * Sober Recreation Activities Education
- * Life Skills (housing, employment, social, etc.)
- * Adult Rehabilitative Mental Health Services (ARMHS)

Payment Options

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)
515 Bridge Street East
218-366-9229



Non-Residential Substance Use Disorder (SUD) Services

515 Bridge Street
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 Low to 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 uses **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.

Our program 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.



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.

Current 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.

Services Offered

Low Intensity Services

One 3-hour group session and at least one individual session weekly.

Medium Intensity Services

Two 3-hour groups sessions and at least one individual session weekly.

High Intensity Services

Three 3-hour group sessions and at least one individual session weekly.