

**ACCEPTING  
NEW CLIENTS**



Every Recovery Journey Is Unique, And So Is Our Approach

**Substance  
Use Disorder**  
Supportive Services

**Mental  
Health**  
Supportive Services



We are devoted to transforming the journey to recovery into a personalized experience of healing and growth. By stepping beyond traditional methods, we offer support directly within the community and on a one-on-one basis.

[WWW.RECOVERYHEALTHSOLUTIONS.ORG](http://WWW.RECOVERYHEALTHSOLUTIONS.ORG)



### **RECOVERY Coaches**

Guidance from someone who has personal experience with recovery. They offer support and resources to help individuals navigate their own recovery journey. (Certified Peer Recovery Specialist)

### **One-on-One Counseling**

This is a private session with a Licensed Drug and Alcohol Counselor who helps individuals understand and manage their emotions, behaviors, and challenges.

### **Outpatient Group**

Therapy in a group setting where individuals meet regularly to discuss and work on recovery together, led by a Licensed Drug and Alcohol Counselor. Located in Brooklyn Park, MN.

### **Treatment Coordination**

This service involves organizing and managing a person's healthcare needs across different services to ensure they receive comprehensive care.

### **ARHMS**

This service assists adults coping with mental health challenges by developing skills necessary for daily living and working, ultimately aiming to enhance their ability to function within the community with pride, joy, and comfort. (Adult Rehabilitative Mental Health Services)

### **Mental Health Therapy**

Professional support from therapists to help individuals deal with mental health issues like depression, anxiety, or PTSD. In Office, Telehealth, or in the Community.

### **Housing Stabilization Services**

This service assists individuals in finding and keeping stable housing. Our dedicated team is committed to making sure every person has a safe place to call home.

### **Medication Management**

Registered Nurses helping individuals to use their medications safely and effectively, ensuring they are contributing positively to their health.

**(763) - 425 - 5959**

Located in Brooklyn Park, MN  
Serving The Twin Cities

# 8 Key Services

## Outpatient Group Therapy

Therapy in a group setting where individuals meet regularly to discuss and work on recovery together, led by a Licensed Drug and Alcohol Counselor. Located in Brooklyn Park, MN.



## Mental Health Therapy

Professional support from therapists to help individuals deal with mental health issues like depression, anxiety, or PTSD. In Office, Telehealth, or in the Community.



## One-on-One Counseling

With a Licensed Alcohol and Drug Counselor)

This is a private session with a Licensed Drug and Alcohol Counselor who helps individuals understand and manage their emotions, behaviors, and challenges.



## Adult Rehabilitative Mental Health Services (ARMHS)

This service assists adults coping with mental health challenges by developing skills needed for daily living and working, helping them better navigate life and feel confident in their community.



## Recovery Coaches

(Certified Peer Recovery Specialists)

Guidance from someone who has personal experience with recovery. They offer support and resources to help individuals navigate their own recovery journey.



## Housing Stabilization Services (HSS)

This service assists individuals in finding and keeping stable housing. Our dedicated team is committed to making sure every person has a safe place to call home.



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# OUTPATIENT GROUP

## NEW TIME SLOTS AVAILABLE NOW

### Morning

**Monday - Thursday**  
**9:00AM - 12:00PM**

- ↳ 30 Minute Break for Lunch  
**FREE LUNCH INCLUDED!** (optional)  
Lunch is served at 12:00PM.  
(Stay Late for Lunch)

### Afternoon

**Monday - Thursday**  
**12:30PM - 3:30PM**

- ↳ 30 Minute Break for Lunch  
**FREE LUNCH INCLUDED!** (optional)  
Lunch is served at 12:00PM.  
(Come Early for Lunch)

## SIGN UP FOR SERVICES

A formal Referral is not required to receive services.  
If you would like help, all you have to do is ask.

**HARM  
REDUCTION  
MODEL**



**MAKE A  
REFERRAL**

### Address:

8590 Edinburgh Centre Dr,  
Brooklyn Park, MN 55443

[WWW.RECOVERYHEALTHSOLUTIONS.ORG](http://WWW.RECOVERYHEALTHSOLUTIONS.ORG)

**Phone:** (763) 425-5959 **Email:** [Info@recoveryhealthsolutions.org](mailto:Info@recoveryhealthsolutions.org)

# Outpatient Group

Our Outpatient Group sessions offer a supportive, therapeutic environment where individuals can share experiences, gain insights, and develop skills to navigate life's challenges. Led by experienced facilitators, these group sessions focus on building coping strategies, improving interpersonal relationships, and fostering personal growth, all while promoting a sense of community and shared healing.



## Key Features:

### **Structured and Supportive Environment:**

Sessions are guided by skilled facilitators who create a safe, welcoming space for open and honest discussions.

### **Peer Support and Connection:**

Build meaningful connections with others who understand your challenges and provide encouragement and accountability.

### **Skills for Daily Life:**

Learn practical tools and techniques to manage stress, regulate emotions, and improve communication.

### **Focus on Personal Growth:**

Explore topics like self-esteem, resilience, and healthy boundaries to foster a more fulfilling and balanced life.

### **Open Enrollment:**

Our curriculum is designed to allow for individuals to join Group at any time.

Schedule:

## What to Expect:

### Initial Group Orientation:

Begin with an introductory session to familiarize yourself with the group's structure, guidelines, and goals.

### Engaging and Interactive Sessions:

Participate in discussions, group exercises, and skill-building activities tailored to the group's needs and dynamics.

### Confidential and Respectful Atmosphere:

Share your experiences openly, knowing that privacy and mutual respect are core values of our group sessions.

### Progress Tracking and Feedback:

Regular check-ins with facilitators ensure you're making meaningful strides in your personal growth journey.

### Encouragement and Accountability:

Benefit from the collective wisdom and support of the group while staying motivated to achieve your goals.

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# One-on-One Counseling

Our one-on-one sessions with Licensed Alcohol and Drug Counselors (LADC) offer personalized, confidential support for overcoming substance use challenges. From identifying root causes to building coping strategies, our counselors are here to guide you on your recovery journey, whether you're starting out or maintaining sobriety. Counseling sessions can be provided in person or via Telehealth, based on your preferences and needs.



## Key Features:

### **Personalized Care:**

Each session is tailored to your specific needs, goals, and recovery stage to ensure meaningful progress.

### **Root Cause Exploration:**

Address the underlying factors contributing to substance use, such as trauma, stress, or co-occurring mental health challenges.

### **Evidence-Based Approaches:**

Utilize proven counseling techniques, including Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), and relapse prevention planning.

### **Confidential and Supportive Environment:**

A safe space where you can openly discuss challenges and successes without judgment.

### **Goal-Oriented Recovery Planning:**

Collaboratively create and work toward realistic, actionable recovery goals to build a healthier, more fulfilling life.

## What to Expect:

### Initial Assessment and Goal Setting:

You and your Licensed Alcohol and Drug Counselor (LADC) will determine the frequency of sessions and set individualized goals to guide your recovery.

### Regular Counseling Sessions:

Meet consistently with your LADC to explore personal challenges, develop coping strategies, and build a strong foundation for recovery.

### Relapse Prevention Planning:

Work together to identify triggers, develop coping skills, and create a plan to prevent relapse and maintain sobriety.

### Skill Development:

Gain practical tools for managing cravings, handling stress, and improving communication and decision-making skills.

### Support Through Every Stage of Recovery:

Whether you're navigating early recovery or working to maintain long-term sobriety, our LADC counselors provide unwavering guidance and encouragement.

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# Adult Rehabilitative Mental Health Services (ARMHS)

Our ARMHS program is designed to empower individuals with mental health challenges to live independently and thrive within their homes and communities. Services focus on building essential life skills, managing mental health symptoms, and fostering community integration.

Whether you need support with daily living tasks, accessing resources, or transitioning to community living, we're here to help every step of the way.



## Key Features:

### **Symptom Management Support:**

Receive personalized guidance to better understand and manage your mental health symptoms, promoting emotional stability and resilience.

### **Daily Living Assistance:**

Develop practical skills for managing household tasks, personal care, budgeting, and meal planning to enhance your independence.

### **Community Living & Integration:**

Connect with community resources and participate in activities that foster social connections and a sense of belonging. We also provide transportation to appointments, events, and essential services to keep you connected.

### **Individualized Goals:**

Work with our ARMHS team to identify your personal goals and create a tailored plan for achieving greater independence and self-reliance.

## What to Expect:

### Initial Assessment:

We begin with a Diagnostic Assessment to understand your needs, strengths, and challenges. This will be completed in your home by a qualified ARMHS specialist.

### Collaborative Goal Setting:

Together, we'll set specific, achievable goals and outline the steps to help you reach them.

### Skill-Building Sessions:

Receive hands-on support and practical training to develop skills for independent living, symptom management, and social integration.

### Ongoing Support and Progress Review:

Regular sessions with our team ensure you're making progress and adjusting your plan as needed to meet your evolving needs.

### Empowerment for Independence:

Our focus is on equipping you with the tools, confidence, and resources to live a fulfilling, independent life in your community.

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# Mental Health Therapy

Our licensed therapists and clinical trainees provide personalized, evidence-based therapy to help manage symptoms of anxiety, depression, trauma, and more. Using approaches like Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Motivational Interviewing (MI), sessions are tailored to your unique goals and delivered in a supportive, judgment-free space.



## Key Features:

### Personalized Treatment Plans:

Each client receives a unique plan tailored to their needs, goals, and circumstances, ensuring effective and meaningful progress.

### Flexible Session Locations:

Choose from Telehealth appointments or visits to our welcoming Brooklyn Park office - whichever best fits your schedule and comfort level.

### Comprehensive Support for Various Mental Health Conditions:

Our therapists specialize in addressing a wide range of mental health challenges, including anxiety, depression, trauma, grief, and more.

### Evidence-Based Therapies:

We use proven therapeutic approaches such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and trauma-informed care to promote healing and resilience.

### Client-Centered Care:

Our therapists listen with empathy and prioritize your comfort and confidentiality, fostering a trusting therapeutic relationship.

## What to Expect:

### Initial Consultation:

In your first session, we'll discuss your concerns, goals, and background to create a personalized treatment plan tailored to your unique needs.

### Safe and Confidential Space:

Whether you choose in-home, Telehealth, or in-office sessions, you can expect a judgment-free, supportive environment.

### Goal-Oriented Progress:

Our therapists will help you set achievable goals and track your progress to ensure therapy is effective and empowering.

### Ongoing Support:

Regular check-ins and adjustments to your treatment plan will ensure that your evolving needs are met throughout your therapy journey.

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# Housing Stabilization Services (HSS)

Our Housing Stabilization Services help individuals with mental health challenges, disabilities, or other barriers find and maintain stable housing. We provide tailored support to navigate the housing system, secure appropriate housing, advocate to prevent eviction, apply for benefits, and develop the skills needed for long-term stability.



## Key Features:

### **Housing Transition Services:**

Support in finding and securing safe, affordable housing, including help with applications, landlord communication, and navigating housing programs. We also help negotiate the lease and organize the move.

### **Housing Sustaining Services:**

Ongoing assistance to ensure you can maintain your housing by managing rent payments, understanding tenant rights, and resolving housing-related issues.

### **Skill-Building for Independence:**

Develop essential skills such as budgeting, maintaining a household, and communicating effectively with landlords and neighbors.

### **Connection to Community Resources:**

Access resources and services that support your long-term housing stability, including financial support options, employment, healthcare, and social programs.

### **Client-Centered Approach:**

Our services are tailored to your unique needs and circumstances, ensuring a personalized path.

## What to Expect:

### Easy Application Process

Contact us to begin. We'll guide you through gathering required documents, like proof of disability, housing history, and Medical Assistance (MA) enrollment.

### Personalized Assessment

State-required assessments can be completed with a Case Manager or our team. During this process, we'll confirm your eligibility.

### Waiting Period

Please expect a waiting period while the State processes your application. Unfortunately, we have no control over this timeline.

### Approval and Admission

If approved for our program, you will work closely with a Housing Specialist to develop a personalized Housing Stabilization Plan tailored to your goals. Together, you'll find housing that fits your needs, complete lease applications, and collaborate with landlords.

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# Medication Management

Our Medication Management service provides the guidance and support needed to manage medications safely and effectively. We help you understand your medications, find cost-saving options, and set up reminders. A nurse can also visit your home to sort and organize your medications, ensuring they are properly set up for you to take as prescribed. By working closely with you and your healthcare providers, we help promote better health outcomes and reduce the risk of complications.



## Key Features:

### **Personalized Medication Plans:**

Tailored plans to help you understand and organize your medications, ensuring they align with your overall treatment goals.

### **Education and Support:**

Clear explanations about the purpose, benefits, and potential side effects of each medication, empowering you to make informed decisions.

### **Medication Monitoring:**

Regular check-ins to assess the effectiveness of your medications and identify any necessary adjustments in collaboration with your healthcare provider.

### **Assistance with Prescriptions:**

Help with coordinating prescription refills, setting up automatic reminders, and addressing barriers to medication access.

### **Focus on Safety and Compliance:**

Guidance on proper storage, dosing schedules, and preventing medication interactions to ensure your safety and well-being.

## What to Expect:

### Initial Consultation:

A comprehensive review of your current medications, medical history, and treatment goals to develop a personalized plan.

### Collaborative Care Coordination:

We'll communicate with your healthcare providers to ensure your medications align with your overall care plan.

### Ongoing Monitoring and Adjustments:

Regular follow-ups and home visits to evaluate your progress, address concerns, and make any necessary changes to your medication regimen.

### Empowerment Through Education:

We'll provide you with the knowledge and confidence to take charge of your health by properly managing your medications.

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