



## OVERVIEW OF PROGRAM

### Overview

**Minnesota CarePartner’s ROOTS RECOVERY** (hereafter referred to as “program”) is licensed by the State of Minnesota as a 245G outpatient substance use and co-occurring disorders treatment program. The program provides outpatient, supportive, treatment preparatory and continuing care services to individuals that have been diagnosed with a substance use disorder and, in some cases, a mental illness.

### Target Population

This program serves adolescents and adults of any gender ages 12-80 who have a diagnosis of substance use disorder as defined by DSM-5 and, in most cases, a mental health diagnosis. Family programming is also provided and family members are encouraged to participate in the treatment process.

### Hours of Operation

The program will be in operation between 8am-9pm Monday through Friday.

### Mission

The mission of the program is to promote the physical, spiritual and emotional health of people struggling with addiction, and surrounding family, through a culturally-responsive, trauma-informed, person-centered and strengths-based program.

### Main Program Elements

**Screening:** Clients will receive adequate screening to identify areas of need related to substance use and mental health. The program will also use screening tools approved by the Commissioner of the Department of Human Services to determine the presence of co-occurring disorders and ensure accurate diagnostic evaluation.

**Stages of Change:** are evaluated at the time of intake and continuously throughout the treatment process to determine stage-appropriate treatment interventions.

**Integrated Services:** Substance use and mental health treatment are integrated in a single treatment setting in which we adhere to an interdisciplinary approach. All treatment services provided will be based on the individual treatment plan.

**Educational Strategies:** Psych-educational materials will be presented throughout the treatment process in a format and manner accessible to the clients in the treatment milieu. Staff will ensure clients are able to understand and integrate new information into their daily lives so as to enhance their recovery efforts.

**Assessment:** Clients will work with staff to complete a comprehensive substance use and mental health assessment that identifies their main problem areas and makes an accurate diagnosis.

**Individualized Treatment Planning:** Both mental health and substance use issues will be addressed concurrently with measurable, stage-appropriate treatment goals developed in collaboration with the client.

**Enhanced Mental Health Programming:** All treatment services will be developed to take into consideration the unique and specific needs of individuals with co-occurring disorders. Materials used will demonstrate knowledge and integration of the most effective evidence-based practices.

**School Coordination:** Clients who are required to attend school by state law must be enrolled and attending an educational program approved by the Minnesota Department of Education. Program staff will coordinate with each client’s school to monitor performance, collaborate on client care, and ensure that program participation does not hinder academic progress and participation. Each client will be asked to sign a release of information that allows this collaboration. When appropriate, program staff may schedule conferences with school officials and family members to collaborate on the client’s treatment plan, and work toward resolving any behavioral or scholastic concerns.

**Family Education and Supports:** Educational groups will be made available to our client’s family and significant others, and supportive resources will be identified and integrated into the family recovery process.



**Peer Recovery Support:** Peer supports will be offered onsite. Offsite peer supports may be integrated into the recovery plan.

**Medication:** There will be a prescriber available on staff or by consultation. Please see Health Care Services Policy & Procedure for information about current providers.

**Evaluation and Feedback:** Clinicians and clients work together to review progress, clarify if goals have been attained, clarify or redefine goals if necessary, and reinforce motivation to change.

**Crisis Management:** The program staff will be trained on the provision of crisis intervention to assist clients and family members with managing behavioral health crises through evaluation and referral to appropriate community resources.

**Discharge Planning:** each client will work with their counselor and the treatment coordinator to develop a plan for continuing recovery and service connection following discharge.

**Treatment Coordination:** A Treatment Coordinator is available to help connect clients with resources and services needed to complete their overall wellness plan. These may include community mental health providers, housing providers, government assistance offices, insurance coverage, etc.

**Group Therapy-** utilizes elements from several different evidence-based sources, such as Seeking Safety, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Person-Centered Therapy, and Trauma-Informed Care. These various approaches to treatment are selected and matched to the specific needs of each client and the overall group.

## Program Structure

The program consists of stages, through which clients will progress based on their individual needs and ability to collaborate with staff toward completion of their treatment plan goals.

The stages are defined as follows:

**Stage 1:** Clients attend two to three hour groups three to four days per week, for a period of 12-16 weeks. Clients also attend a weekly individual session with their LADC and, potentially, with a mental health worker. Clients will also have the opportunity to meet with a peer recovery specialist and treatment coordinator as needed.

**Stage 2:** Clients attend two hour groups two to three days per week, for a period of 6-8 weeks. Clients also attend a weekly individual session with their LADC and, potentially, with a mental health worker. Clients will also have the opportunity to meet with a peer recovery specialist and treatment coordinator as needed.

**Stage 3:** Clients attend a two or three hour group one day per week, for a period of 4-6 weeks. Clients also attend a weekly individual session with their LADC and, potentially, with a mental health worker. Clients will also have the opportunity to meet with a peer recovery specialist and treatment coordinator as needed.

**Stage 4:** This is an optional stage for clients who may need additional step-down programming to meet their individual needs. The structure of this stage will be designed with the client and treatment team.

## Staff

Staff will include but not be limited to: licensed alcohol and drug counselors, mental health professionals and practitioners, nurses, student interns, mental health rehab workers, peer support specialists, treatment coordinators and medical personnel. All program staff will receive ongoing training to ensure that they remain current with information and skills related to their field of expertise.

## Fees

Authorized program services are billed to the appropriate insurance company or funding county.