

Help is just a phone call away

If you or someone you know would benefit from our services, call EmPower CTC at
507-292-1379

Our staff will verify your insurance benefits and seek any necessary Pre-authorization when you call.

EmPower **CTC**

Comprehensive Treatment Center
(a division of Dunatos, Inc.)



DeWitz Plaza
602 11th Avenue NW #300
Rochester, MN 55901
Phone: 507-292-1379
Fax: 507-289-4524
Toll Free: 1-800-585-6002
www.empowerctc.com

Our Philosophy

EmPower CTC will offer a complete range of treatment options helping individuals to become drug and alcohol free. We believe that all individuals, given encouragement and education, are capable of moving toward a more fulfilling life free of drugs and alcohol. In view of this, our services will be psycho-educational in nature; we utilize education, motivational interviewing, encouragement, therapeutic intervention and skill building. We strive to demonstrate a clear belief that each individual can change if they choose to. We further believe that each individual we assist has a unique set of issues to address in their process to be violence free. We strive to match the array of services we offer to the unique individual needs of each person we serve.

What's In A Name??

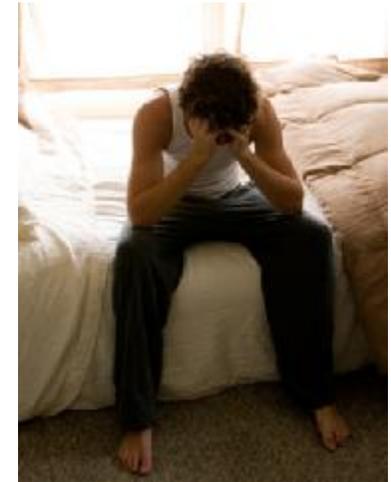
EmPower . . .

is the translation of our parent corporation, Dunatos. *Dunatos* is a Greek word meaning to give power to, empower, make able. The professional staff at EmPower CTC are available to help people become "empowered" to take control of their life journey.

CTC

stands for "Comprehensive Treatment Center - you are more than just your disease, your diagnosis, your billing code, but a unique individual who can best be helped by treatment that addresses your uniqueness in a "*comprehensive*" way.

Having Concerns *About* *Alcohol and Drugs*



We Can Help!

Recovery Programs
at

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*Empowering individuals and families to
effect change and live fulfilled lives.*

When You Need Help!

Knowing and recognizing the need for help is an important step in healing and recovery. For those who may be experiencing problems, there is hope and help - where caring persons have the ability to help. Our professional staff can assist you in:

- A thorough evaluation to decide what services would be the most helpful.
- A treatment plan that looks at the total you.
- A focused and intensive program aimed at identified needs.
- Ongoing aftercare to ensure long-term effectiveness.
- Referrals to other resources when appropriate.
- Effectively involving family members and loved ones in the treatment process.



Outpatient Services

Outpatient chemical health services are designed to help people understand the impact their use of alcohol and drugs has had on their lives and then assist a person to improve their insight, relationships, self confidence and coping skills necessary for recovery. We also recognize the families of those with alcohol and drug problems need support and education. The strength of outpatient treatment lies in allowing individuals to begin implementing lifestyle changes while taking advantage of the support of the treatment community.

Our program features:

- ✓ 24 sessions 2-3 days a week focused on building a recovery foundation.
- ✓ 10 weeks of weekly reinforcement aftercare to strengthen recovery skills.
- ✓ Specialized programming for those with dual disorders relating to mental health and chemical health.
- ✓ Special programming in relapse response and prevention.
- ✓ Licensed dual disorder program.
- ✓ Programming focused on health and skill development.
- ✓ A plan for a smooth transition to a healthy involvement in the recovery community.
- ✓ Extended programming for those needing additional recovery skills and support.

DUI and Chemical Health Programming

The Insight and Alternatives Programs are 8-hour and 12-hour chemical abuse diversion programs. They provide a non-threatening environment in which participants can evaluate their use of chemicals. Aimed at both DUI/DWI offenders or those with substance related offenses, the program educates participants by providing information on the effects of chemicals. The program explores the following issues:

- ✓ Driving under the influence - myth and reality.
- ✓ The impact of chemicals on the major areas of life - physical and emotional.
- ✓ Drugs and your brain.
- ✓ Making more effective decisions.
- ✓ Alternatives to use.
- ✓ Developing a plan to confront stress, conflict and other challenges.

