

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 chemical 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 free of self destructive behaviors. 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 ðempoweredö to take control of their life journey.

CTC

stands for ðComprehensive 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 ðcomprehensiveö way.

Mental Health Services At EmPower CTC



We Can Help!

Dual Disorder Programs
at

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

Mental Health - What is it???

According to NAMI (National Alliance On Mental Illness)

A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.

Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.



The Issue

Unfortunately, due to lack of awareness, stigma and an abundance of misinformation, millions of people with this condition continue to suffer needlessly in their journey through life. With the advent of the Internet, while more information is available, so is more confusion as to what mental illness represents, how to attain positive mental health and what hope exists for both individuals and those that care about them.

As with any medical condition, accurate and helpful diagnosis and treatment should be done by a trained professional. At EmPower CTC our staff of licensed mental health professionals can answer your questions, conduct a thorough mental health evaluation and can provide the help you need.

As an agency specializing in co-occurring disorders, our clinicians are trained in evaluating the whole person, assessing the physical, chemical and psychological being to come up with a plan and direction. Some of the areas we treat include but are not limited to:

- Depression
- Anxiety
- Addictive behaviors (all types)
- Trauma induced disorders
- Impulse control
- Low self esteem
- ADHD
- PTSD
- Veteran Adjustment issues
- Relationship issues
- Concentration and decision making
- Domestic violence
- Obsessive behaviors - and much more

Dual Diagnosis

Many of our clients have co-occurring physical or substance use problems along with mental health needs. Since inception, EmPower CTC has been providing primary Chemical Dependency services, while integrating services for dual diagnoses (substance use and mental health disorders) to meet the individual's needs.

For clients in mental health counseling, any chemical health services already in place will be integrated with mental health treatment and education, as well as medication assistance if indicated with their physicians, and referral to further diagnostic assessments if indicated.

Services Offered

- Mental Health Assessments
- Chemical Health Assessments
- Domestic Violence Assessments
- Anger Management Assessments
- Mental Health Individual Therapy
- Couple Counseling
- Chemical Health groups
- DWI/DUI Education
- Mental Health Group Therapy
- Cognitive Behavioral Psycho-educational Training
- PTSD/Trauma therapy

Most insurance accepted

For further information contact;
EmPower CTC
(507) 292-1379

We specialize and are licensed in helping those with dual disorders.