

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 "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* *Relapse*



We Can Help!

Recovery Programs
at

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

Relapse Prevention

Outcome studies have shown that people with substance use difficulties quickly return to use often referred to as a "relapse." This term is often defined many different ways by many different people's perceptions.

The Relapse Prevention Program at EmPower CTC is designed to assist clients in learning new ways to understand their addiction, their personal struggles with maintaining sobriety, and their tendency toward relapse. Program goals are to enhance personal skills, acquire new skills, and build personal relapse prevention strategies.

Relapse Prevention Group at EmPower CTC was designed based on:

- ☒ Outcome based research
- ☒ Client oriented program material
- ☒ CENAPS Model of Terence T. Gorski
- ☒ Dual Recovery Program consultation
- ☒ A clear community need for this service



This program is based on a Bio-Psycho-Social Model and ASAM requirements.

Entry Criteria

Clients must meet entry criteria to be admitted to the Relapse Prevention Group.

- ☒ Previous successful treatment completion (Inpatient or Outpatient) or
- ☒ History of successful 12-Step recovery program (AA/NA/RTR)
- ☒ Demonstrated significant period(s) of sobriety
- ☒ Willingness to comply with program requirements
- ☒ Struggle with relapse issues

Clients are asked to attend group sessions, individual sessions, and complete assignments. Another important aspect of the program is for clients to continue to utilize community groups such as Alcoholics Anonymous, Narcotics Anonymous, Right to Recovery, or other positive community support groups. As such, Relapse Prevention does not replace current recovery plans; it supplements them. In addition, clients involve significant others as part of the prevention process.

Referral Process

- ☒ Recommendation or Self Referral
- ☒ Chemical Dependency Assessment indicating the need for Relapse Prevention Treatment
- ☒ Preauthorization by insurance provider or other funding source
- ☒ Schedule initial intake appointment

Dual Diagnosis

Many relapse prone clients have co-occurring mental health needs along with substance use problems. 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 Relapse Prevention Group, any mental health services already in place will be integrated with substance use prevention education, as well as medication assistance if indicated with their physicians, and referral to further diagnostic assessments if indicated.

Current Program Days and Times

Monday's and Wednesdays
6:00pm-8:00pm
12 Weeks

Funding

- Most Major Insurance Providers
- Individual Fee for Service
- Consolidated Chemical Dependency Treatment Fund (CCDTF)



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