

MN Family Support and Recovery Council

*Cultural Bias and Specificity
In the Treatment Industry*

MN Adult and Teen Challenge
Gina Evans – Director of
Community Outreach



Challenging Perceptions
Gina Evans – Director of Community Outreach

**What is "Elimination of Bias"
in terms of referral to CD treatment?**


bi·as

- preference: an unfair preference for or dislike of something
- a particular tendency or inclination, especially one that prevents unprejudiced consideration of a question; prejudice

– dictionary.com

Challenging Assumptions

Is it a disease or a moral failure?



Challenging Assumptions

Is it a disease or a moral failure?

- 80% of those diagnosed with a Chemical Dependency Disorder have a “Co-Occurring” Psychological Disorder
- Depression, Bi-Polar, PTSD, Attention Deficit...

Challenging Assumptions


Is it a disease or a moral failure?

- “...for we have been not only mentally and physically ill, we have been spiritually sick. When the **spiritual malady** is overcome, we straighten out mentally and physically.”*

Page 64 - The Big Book of Alcoholics Anonymous

Challenging Assumptions

- Does CD treatment work?
They've had treatment and nothing changed.
- Behavioral Health – Understanding diseases brought on by behavior – Cancer, Diabetes, Heart Disease...



Challenging Assumptions

- They should just stop.
- The Hallmark of Addiction – You can't stop



Challenging Assumptions

- All treatments are the same...
- One-Size-Fits-All
- Cultural Relevance – To take root treatment needs to address one's core values and mental-emotional orientation toward life.



Cultural Relevance

- Chemical Dependency Treatment needs to “fit” the particular individual



Cultural Relevance

- Culture Matters



Cultural Relevance

- Not a racial issue – Ethnicity


How you were raised, not what you look like



Cultural Relevance

- Not Sexual "Preference" - Orientation


An environment that will affirm, not just tolerate



Cultural Relevance

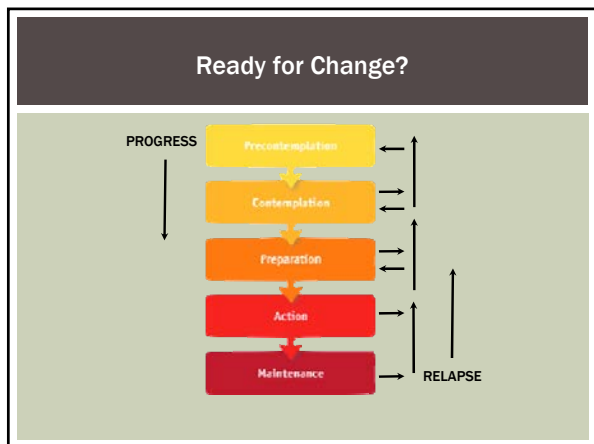
- Not Religious Beliefs - Worldview/Core Values

How you see the world, what you believe in



The "Rights"

- The Right Person
- The Right Time
- The Right Program



6 Stages of Change

Stage 1 – Pre-contemplation – No Problem
 People in this stage tend to defend their current bad habits and do not feel it is a problem.

Stage 2 – Contemplation – I have a problem
 Is more aware of the personal consequences of their bad habit and they spend time thinking about their problem.

Stage 3 – Preparation/Determination – I need help
 People have made a commitment to make a change.

6 Stages of Change

Stage 4 – Action/Willpower – I am getting help
 People believe they are able to change their behavior
 Making steps to engage in change

Stage 5 – Maintenance – Ongoing
 Acquiring new life skills to avoid relapse


Stage 6 – Relapse - Sometimes
 Most people experience relapse
 Recovery is a process for most

Mitigating Circumstances


- Extraordinary Life Events
 - Death
 - New Child
- Amenability to Probation
- Age

Dispositional Downward Departures & Furloughs

- Amenability to Probation
- Opportunity



Problem Solving Specialty Courts
Drug, DWI, Mental Health, Veterans, and GIFT



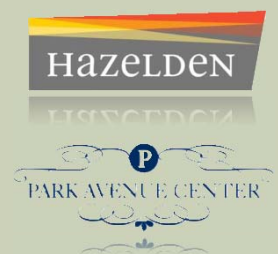
Duration & Intensity of Care

- Outpatient, Inpatient/30 day Residential, Long-term Residential
- Hospital-based
 - Regions ADAP & Fairview Behavioral Health
- Psychiatric
 - Vinland National Center



Socio-Economic

- High-end
 - Hazelden-like largely self-pay
- Middle-market - Employed
 - Insurance paid
- Destitute
 - Rule 25 county funding



Sexual Orientation

GLBT (Gay Lesbian, Bisexual, Transgender)

- Pride Institute
- Meridian Behavioral Health - Latitudes




Racial/Ethnicity

- African American
 - Turning Point
 - African American Family Services
- Native American
 - American Indian Services
 - Mash-ka-wisen Treatment Facility
 - New Visions Treatment Center
- Hispanic
 - CLUES



Faith Preference

- Atheist/Agnostic –
 - Hospital-Based, Rational Secular, Behavioral Modification
- Jewish –
 - Jewish Family & Children Services
 - JACS - Jewish Alcoholics, Chemically-dependent-persons, Significant-others
- Buddhist/Eastern Religion/New Age – Mindfulness:
 - Health Realization
 - Meridian Behavioral Health




Faith Preference

- Christian –
 - Faith Family Recovery Center, LLC
 - Christian Drug Treatment Center
 - Living Free Recovery Services
 - Living Word Christian Center
 - Metro Hope Ministries –
 - Long-term Christian Recovery Program
 - Salvation Army
 - Short-term Licensed & Long-term Work-Based Program
 - Union Gospel Mission
 - Long-term Discipleship Program
 - Minnesota Adult & Teen Challenge
 - Short-term Licensed & Long-term Life Skills Recovery Program



Minnesota Adult & Teen Challenge

- MnTC History and Track Record
- Program Options
 - Prevention
 - Outpatient Services
 - Life Renewal: Traditional Rule 31
 - 14-90 Days - Rule 25 and Insurance Paid
 - Clinical Licensed Treatment Program
 - Long-term Recovery Program
 - 13 plus months - GRH Funded



Minnesota Adult & Teen Challenge

- Faith-Based Component
 - Biblical principles for moral decision making
- Addressing Co-occurring Disorders
 - Tri-occurring disorders
 - Chemical Dependence
 - Mental Illness
 - Criminogenic Needs

Not an option

- Serious Mental Health - Schizophrenia
- Threat to Self or Others
- Public Safety Risk - Heinous Crimes
- Patterns of Violent Behavior
 - Vulnerable Adults

Specialty Chemical Dependency Treatment Programs

OVERVIEW OF LISTINGS

Specialty Programs

Adolescents

DWI Classes

Gambling

GLBT: Gay, Lesbian, Bisexual, Transgender

Mental Illness – TBI, Schizophrenia, Personality Disorders

Non-Traditional Approaches

Professionals (Doctors, Lawyers, Executives...)

Women with Children

Women Specifically

Veterans

Cultural Ethnicity

African American

Asian Americans

Mexican Americans

Native American

Faith Based

Higher Power – 12 Step-based

Christian

Jewish

Muslim

Hindu

Buddhist

Mindfulness

Atheist – Rational secular

Medical

Detoxification Facilities

Methadone Programs

Outpatient Services

Adolescents

Anthony Louis Center & On-Belay House – Substance Abuse & Transitional Housing
1517 East Highway 13
Burnsville, MN 55337
Phone: (952) 890-8879

The Bridge for Youth – Homeless & Runaway
Chelsea Miller at 612.230.6657
Email: c.miller@bridgeforyouth.org

Hazelden Foundation - Center for Youth and Families
11505 36th Ave N
Plymouth MN 55441-2398
Tel: 800 257-7810; 763 509-3800
Fax: 763 559-0149

Minnesota Adult & Teen Challenge
1619 Portland Ave S
Minneapolis MN 55404
Phone: (612) FREEDOM (373-3366)
Fax: 612 333-4111

New Beginnings at Waverly - Treatment programs for adults and adolescents
109 Northshore Dr.
Waverly MN 55390
Tel: 800 487-8758

Prairie St. John's - MICD, Adult and Teens
7616 Currell Blvd
St. Paul MN 55125
Tel: 651 259-9750

DWI Classes

Twin Town Treatment Center: Meridian Behavioral Health - Driving With Care Program
1706 University Ave W
St. Paul MN 55104
Tel: 651 645-3661
Fax: 651 645-0959

Nystrom & Associates, Ltd. - Driving With Care Program
1900 Silver Lake Road, Suite 110,
New Brighton, MN 55112
Tel: (651) 628-9566
Fax: (651) 628-0411

Gambling

Club Recovery - Outpatient substance abuse and gambling treatment services
6550 York Avenue South Suite 620
Minneapolis MN 55435
Phone: (952) 926-2526

Project Turnabout - Vanguard

660 18th St
Granite Falls MN 56241
Tel: 800 862-1453
Fax: 320 564-3122
E-mail: info@projectturnabout.org

GLBT: Gay, Lesbian, Bisexual, Transgender

Latitudes Treatment Center: Meridian Behavioral Health - GLBT Program

1706 University Ave W
St. Paul MN 55104
Tel: 651 645-3661
Fax: 651 645-0959

Pride Institute -

14400 Martin Drive
Eden Prairie, MN 55344
Phone: (952) 934-7554
Toll Free: (800) 547-7433

Mental Health – TBI, Schizophrenia, Personality Disorders

Community Options - GRH- & MA- 90 day residential- Primarily Mental Health and CD
1585 Rice Street, St. Paul, MN 55117
651-487-8088

Northwest Residence - Up to level 5 Acute Mental Health Disorders Schizophrenia

4408 59th Ave. North, Brooklyn Park, MN 55429:
Andy 763-566-3650.

Re-Entry House - GRH – 90 day residential

5812 Lyndale Ave. S., Minneapolis MN 55419:
Joel 612-243-4114 or call 612-869-2411

Vinland National Center - Lake Independence - Chemical dependency & cognitive disability

3675 Ihdahapi Road, Loretto, MN 55357
(763) 479-3555

Non-Traditional Approaches

Health Recovery Center - All Natural Health Supplements
3255 Hennepin Ave, Minneapolis MN 55408-3470
Tel: 612 827-7800

Professionals (Doctors, Lawyers, Executives...)

Hazelden Foundation - Addiction Treatment Center
15251 Pleasant Valley Rd, Center City MN 55012-0011
Tel: 800 257-7810; 651 213-4200

New Beginnings at Waverly
109 Northshore Dr, Waverly MN 55390
Tel: 800 487-8758 www.newbeginningsatwaverly.com

Veterans

Veterans Affairs Medical Center Addictive Disorders Section - General health services
1 Veterans Drive, Highway 55 and Highway 62, Minneapolis, MN 55417
Phone: (612) 725-2228

Veterans Affairs Medical Center: St. Cloud - Veteran's substance abuse treatment services
4801 8th Street North Unit 116-C, Saint Cloud MN 56303
Phone: (320) 255-6395

Women with Children

Welcome Manor Services – Women with Children
114 Pleasant Street West
Garden City, MN 56034
507-546-3295

Journey Home - Women, Women with Children
1485 10th Avenue NE
Sauk Rapids MN 56379
Phone: (320) 259-9149

Metro Hope Ministries: Healing House - Women & Children's Facility
Longer term Christian recovery program
2739 Cedar Ave S
Minneapolis MN 55407-1236
Tel: 612 721-9415 or Mary Akehurst 612.721.9415

Recovery Plus – Men and Women with Children
Longer-term recovery program
713 Anderson Ave.
St. Cloud, MN 56303
(320) 229-3760 (800) 742-HELP toll-free

Women Specifically

Chrysalis: A Center for Women - Adult Chemical Dependency Program

4432 Chicago Avenue South

Minneapolis, MN 55407

Phone: (612) 871-0118

Women's Recovery Center - Mental health and substance abuse services

5100 Hodgson Road

Saint Paul MN 55126

Phone: (651) 484-7840

Avalon-Midway: Meridian Behavioral Health - Intensive outpatient treatment for women

1885 University Ave

St Paul MN 55104

Tel: 651 647-0095

Tapestry: Meridian Behavioral Health - Women-focused treatment program

135 Colorado St E

St Paul MN 55107

Tel: 651 489-7740

Wayside House - Assisting women struggling with a variety of issues

3705 Park Center Blvd

St Louis Park MN 55416-2526

Tel: 952 926-5626

CULTURAL ETHNICITY

African American

African American Family Services - Outpatient

2616 Nicollet Ave. So.
Minneapolis, MN 55408
Phone: (612) 871-7878

My Home - Outpatient

1010 University Avenue Suite 1
Saint Paul MN 55104
Phone: (651) 659-0359

Turning Point - Residential, outpatient and halfway house

1500 Golden Valley Rd
Minneapolis MN 55411
Tel: 612 520-4004

Mexican Americans

CLUES - Chicanos Latinos Unidos En Servicio

2700 East Lake Street Suite 1160
Minneapolis MN 55406
Phone: (612) 746-3500

Native American

American Indian Center – General Support Services

1530 E. Franklin Ave.
Minneapolis, MN 55404
Phone: (612) 871-4555

American Indian Services, Inc._– Substance Abuse Transitional Services

2200 Park Avenue
Minneapolis, MN 55404
Phone: (612) 871-2175

Mash-ka-wisen Treatment Facility - Native American Residential Treatment

1150 Mission road
Sawyer, MN 55780
218-879-6731

New Visions Treatment Center - Comprehensive primary residential treatment program

2121 Nicollet Ave. S., 2nd Floor
Minneapolis, MN 55410
Phone: (612) 870-0441

FAITH BASED

Higher Power – 12 Step-based

The Retreat

1221 Wayzata Blvd E
Wayzata MN 55391
Tel: 866 928-3434
E-mail: info@theretreat.org

Christian

Faith Family Recovery Center, LLC - Christian drug treatment center

1303 S Frontage Rd #11
Hastings MN 55033
Tel: 651 437-1628
Fax: 651 437-4165
E-mail: info@ffrcllc.com

Living Free Recovery Services - Living Word Christian Center

9201 75th Avenue North
Brooklyn Park, MN 55428
Phone: (763) 315-7170

Metro Hope Ministries – Longer term Christian recovery program

2739 Cedar Ave S
Minneapolis MN 55407-1236
Tel: 612 721-9415
Fax: 612 721-5005
E-mail: info@metrohope.org

Minnesota Adult & Teen Challenge - Longer term Christian recovery program

1619 Portland Ave S
Minneapolis MN 55404
Phone: (612) FREEDOM (373-3366)
Fax: 612 333-4111

Salvation Army ARC Program - Longer term Christian men's recovery program

900 N. Fourth St.
Minneapolis, MN 55401
(413) 785-1921

Jewish

JACS - Jewish Alcoholics, Chemically Dependent Persons and Significant Others
5224 West 26th
Beth El Synagogue
Golden Valley, MN, 55426
Phone:(952) 545 - 2675
Email: stewlab@msn.com

Jewish Family & Children's Services - Counseling, prevention & support services
13100 Wayzata Boulevard, Ste 300
Minnetonka, MN 55305
(952) 591-004

Muslim

Millati Islami Program: Masjid An-Nur - Muslim Sober Support
Rayni Omar-Taylor
Minnesota

Buddhist - Mindfulness

Joe Bailey & Associates - Health Realization – Mindfulness Counseling Services
1615 S. Sterling Street
St. Paul, MN. 55119-6103
(651)714-2992

Meridian Behavioral Health – Mindfulness Program
1706 University Ave W
St. Paul MN 55104
Tel: 651 645-3661
Fax: 651 645-0959

Atheist – Rational secular

Hospital Programs – Medically-based

MEDICAL

Detoxification Facilities

Allina Hospitals & Clinics (New Ulm Detox Facility)

3124 5th N. Street
New Ulm, MN 56073
507-233-1210

Anoka Metro Regional Treatment Center (Anoka Detox Facility)

3300 4th Avenue North
Anoka, Minnesota 55164
Phone: (763) 712-4000 Intake: (763) 712-4118

Cambridge Medical Center - Dellwood Recovery Center (Cambridge Detox Facility)

701 South Dellwood Avenue
Cambridge, MN 55008
Phone: (763) 689-7723

Central Minnesota Mental Health Center (Buffalo Detox Facility)

308 12th Avenue South
Buffalo, MN 55313
(763) 682-4400

Dakota Treatment Center (Burnsville Detox Facility)

11939 River Hills Drive
Burnsville MN 55337
(952) 890-4480

Dakota County Program - Dakota County Receiving Center (Hastings Detox Facility)

1200 East 18th Street, Building 1
Hastings, MN 55033
Phone: (651) 437-4209

Fairview Detox (Minneapolis Detox Facility)

2450 Riverside Avenue
Minneapolis, MN 55454
Phone: (612) 672-2222
612.672.6600

Mission Care Detox Center (Plymouth Detox Facility)

3409 East Medicine Lake Boulevard
Minneapolis MN 55441
Phone: (763) 559-1402

New Life Treatment Center (Woodstock Detox Facility)

130 Dakota Street S
PO Box 38
Woodstock, MN 56186
507-777-4321 Email: info@newlifetreatment.com

MEDICAL

Detoxification Facilities (Continued)

Ramsey County Receiving Center (St Paul Detox Facility)

155 East 2nd Street
St. Paul, MN
Phone: (651) 266-4009
651-266-4540

Regions Alcohol and Drug Abuse Program – ADAP (St Paul Detox Facility)

445 Etna Street, Suite 55
Saint Paul, MN 55106
Phone: (651) 254-4804

Saint Joseph Hospital/Health East Chemical Dependency Program (St Paul Detox Facility)

69 West Exchange Street
Saint Paul, MN 55102
Phone: (651) 232-3644
Web Site: healtheast.org

Salvation Army Detox (Minneapolis Detox Facility)

1800 Chicago Ave. South
Minneapolis, MN 55404
Phone: (612) 879-3646

Unity Hospital (Fridley Detox Facility)

550 Osborne Road 2nd East
Fridley, MN 55432
(763) 236-5000
Hotline: (763) 236-7911

Methadone Programs

Alliance Clinic - Meridian Behavioral Health - Methadone-opiate treatment outpatient clinic

3329 University Ave SE
Minneapolis MN 55414
Tel: 612 454-2260

Specialized Treatment Services - Methadone Maintenance

1121 Jackson St NE #105
Minneapolis MN 55413-1665
Tel: 612 236-1700; 612 977-181

OUTPATIENT SERVICES

African American Family Services - Outpatient Substance abuse treatment with an African American cultural focus

2616 Nicollet Ave. So., Minneapolis, MN 55408

Phone: (612) 871-7878, Fax: 612 871-2567

Ark Counseling of Plymouth - Outpatient substance abuse treatment services

1884 Berkshire Lane, Minneapolis MN 55441

Phone: (763) 559-5677, Hotline: (763) 559-5677

Chrysalis - A Center for Women - Adult Chemical Dependency: Outpatient mental health and substance abuse services for women

4432 Chicago Avenue South, Minneapolis, MN 55407

Phone: (612) 871-0118

Club Recovery - Outpatient substance abuse and gambling treatment services

6550 York Avenue South Suite 620, Minneapolis MN 55435

Phone: (952) 926-2526

CLUES - Chicanos Latinos Unidos En Servicio - Outpatient substance abuse treatment serving Hispanic community

2700 East Lake Street Suite 1160, Minneapolis MN 55406

Phone: (612) 746-3500

220 South Robert Street, Saint Paul MN 55107

Phone: (651) 379-4200

Life Renewal - Minnesota Adult & Teen Challenge

1619 Portland Ave S, Minneapolis MN 55404

Phone: (612) FREEDOM (373-3366), Fax: 612 333-4111

My Home - Outpatient substance abuse treatment services with an African American cultural focus

1010 University Avenue Suite 1, Saint Paul MN 55104

Phone: (651) 659-0359, Meek Cox - 651-659-0359

Nystrom & Associates, Ltd. - Intensive Outpatient Chemical Dependency & Enhanced Dual Diagnosis Treatment Programs

1900 Silver Lake Road, Suite 110, New Brighton, MN 55112

PH (651) 628-9566, Fax (651) 628-0411

Six Dimensions Counseling - Outpatient substance abuse treatment services

1121 Jackson St NE #105, Minneapolis MN 55413

Tel: 612 977-1818, 612 902-5915, Fax: 612 236-1701

E-mail: jpounder@stsmn.com

Specialized Treatment Services - Outpatient methadone maintenance and substance abuse treatment services

1121 Jackson St NE #105, Minneapolis MN 55413-1665

Tel: 612 236-1700, 612 977-181, Fax: 612 236-1701