
Services can* include:

- Group Therapy
- Individual Substance Use Counseling
- Treatment Coordination
- Comprehensive Evaluation (Mental Health Assessment)
- Individual Mental Health Therapy
- Psychiatric Services
- Medication-Assisted Treatment
- Support Groups
- Peer Recovery Specialist

* Programming is tailored to individual needs*



SOUTH  CENTRAL
HUMAN RELATIONS CENTER

Providing Direction for Life's Problems Since 1964

CONTACT US

610 Florence Avenue
Owatonna, MN 55060
www.schrc.com
507-451-2630

Dual Recovery Program

OUTPATIENT
TREATMENT FOR
CO-OCCURRING
DISORDERS





The purpose of the Dual Recovery Program is to enhance the possibilities of recovery through professional treatment and assistance during the early and intermediate phases of recovery from co-occurring substance use and mental health concerns. The Dual Recovery Program is client-centered, utilizes evidence-based practices, and provides integrated care to treat the whole person.

“THE MINUTE YOU THINK OF GIVING UP, THINK OF THE REASON WHY YOU HELD ON SO LONG.”

-Natsu Dragneel

Funding is Accepted From:

- Most Major Insurance Providers
- Behavioral Health Fund (BHF)
- Individual Fee for Service

Individuals must be approved by their insurance providers or county chemical health assessment service worker.

Referral Process

To schedule a comprehensive substance use assessment, please contact 507.451.2630. Please have proof of insurance information available.

Licensing

All Dual Recovery Program staff are licensed professionals. The program components are licensed under 245G and mental health services under Rule 29.



Program Requirements

Group:
Minimum of 48 group sessions. More may be added based on need.

Group is offered on Mondays, Tuesdays, and Thursdays from:

9:00 am - 12:00 pm
or
5:00 pm - 8:00 pm

Alcohol and Drug Testing
Weekly UA testing

Individual Substance Use Counseling
Monthly meetings with individual substance use counselor. Frequency can be increased based on need.

Comprehensive Evaluation
A mental health assessment is required. Additional services may be recommended including testing, individual psychotherapy, and medication-assisted therapy.