

## 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
- Certified Peer Recovery Specialist

\* Programming is tailored to individual needs\*



# SOUTH CENTRAL HUMAN RELATIONS CENTER

Providing Direction for Life's Problems Since 1964

### Funding is Accepted From:

- Most Major Insurance Providers
- Behavioral Health Fund (BHF)

Individuals should contact their insurance companies to determine what services may be covered..

### Referral Process

To schedule a comprehensive substance use assessment, please contact 507.451.2630. Please have proof of insurance information available. Comprehensive substance use assessments are required for all programs.

# Dual Recovery Program

OUTPATIENT  
TREATMENT FOR  
CO-OCCURRING  
DISORDERS

610 Florence Avenue  
Owatonna, MN 55060  
[www.schrc.com](http://www.schrc.com)



# Primary Program

ASAM Level of Care 2.1

## **Group**

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

Group is offered on Mondays, Tuesdays, and Thursdays from

8:30 am - 11:30 am

or

5:00 pm - 8:00 pm

## **Alcohol and Drug Testing**

Weekly drug testing.

## **Individual Substance Use Counseling**

Monthly meetings with individual substance use counselor. Frequency can be increased based on need.

## **Comprehensive Evaluation**

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

# Active Recovery

ASAM Level of Care 1.0

## **Group**

Minimum of 8 group sessions. More may be added based on need.

Group is offered on Wednesdays from 9:00 am - 11:00 am.

## **Alcohol and Drug Testing**

At least monthly drug testing.

## **Individual Substance Use Counseling**

Two meetings per month with individual substance use counselor. Frequency can be increased based on need.

## **Comprehensive Evaluation**

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

# Moral Reconciliation Therapy (MRT)

ASAM Level of Care 1.0

**MRT** is an open enrollment, peer led group form of Cognitive Behavioral Therapy that focuses on identifying morals, decreasing impulsivity, increasing life purpose, and developing regard for right and wrong.

## **Who Is It For?**

Individuals who are engaged in community corrections (i.e. probation, parole, treatment courts) and a history of substance use disorders. Individuals do not have to be currently affiliated with SCHRC's Dual Recovery Program.

## **Goals of MRT**

- Reduce recidivism
- Reduce substance use
- Enhance life purpose while increasing motivation

## **Format**

At least two individual meetings per month with and group. Group is offered on Tuesdays from 9:00 am to 11:00 am. A mental health evaluation is required.

