As a residential facility, we offer a safe environment to face your struggles. You’re not just another person. You are an individual and your treatment will reflect your individual needs. Your future is truly important to our caring professionals as we help you fit the pieces of your life’s puzzle back together. Our truly ground-breaking program is designed to individualize your treatment and recovery. We believe in helping you learn and practice lasting coping skills so that you achieve confidence and self-worth as you transition slowly into the community. While at Recovering Hope, you’ll be able to stay connected with your child while remaining focused on your recovery—recovery that leads to confidence in owning your own life.

Individualized Treatment in a Rural, State-Of-The-Art Facility

Conveniently located 70 miles north of Minneapolis, MN, Recovering Hope is easily accessible and centrally located between St. Cloud, Duluth and the Twin Cities. The Minneapolis/St. Paul Airport (MSP) is an easy one and half hour drive.

Recovering Hope Treatment Center’s services are recognized and accepted by most insurance companies or state funded programs. Alcohol and drug rehabilitation rates are affordable enough that many individuals choose to pay for their own treatment. Recovering Hope is a Rule 31 residential treatment center for women and mothers with children. We offer a Rule 3 licensed child care facility.

Contact us at 844-314-HOPE (4673) or 320-364-1300 for more information and availability.
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The Strength to Change. The Spirit to Live.

A residential treatment center focused on getting women & mothers with children, back to living a life of sobriety.
Recovering Hope Treatment Center will help you find a new way to reclaim your life.

What is Recovering Hope?
Recovering Hope Treatment Center is a residential facility dedicated to providing individualized treatment for drug and alcohol addiction for women 18 years and older, pregnant women and women with children up to the age of five. Our facility has 80 beds and includes a licensed daycare.

The staff at Recovering Hope provides individual and group counseling, on-site psychiatric medication management services and medical services in addition to 24-hour supervision of clients and children.

In short, we become your home while you learn to live in sobriety. We provide a hand in helping your child grow in a safe and caring environment.

What can I expect?
You’ll attend structured programs covering such topics as parenting skills, spirituality, relapse prevention, relationships, self-esteem, and mental illness/chemical dependency education. We also know that leaving the past behind can be the hardest part of change, so we offer trauma-informed interventions which focus on emotion regulation.

We have created a holistic program focused on helping you build positive feelings of well-being. And we help you build strong independent living skills focusing on employment, money management and housing. It’s all part of the assessment and treatment plan we develop together.

Why Recovering Hope works
Addiction is only the tip of the iceberg when you are working toward long-term sobriety. Our treatment philosophy revolves around the belief that you have, inside yourself, the resources to recover from your addiction. You just need the keys to unlock those resources.

At Recovering Hope, our professional staff uses cognitive behavior and other evidence-based therapies and education to help you find your own strength and confidence. Our comprehensive treatment plan is grounded in the 12-step philosophy, along with psycho-education, motivational interviewing, cognitive behavioral therapies, relapse prevention tools, trauma and grief work, coping methods, and stress reduction, along with an exploration of mind, body and spirit. We encourage you to follow a program of recovery by understanding your personal addiction cycle, and we help you learn new skills to embrace the hope inside you—to live a healthy and productive life in sobriety.

As a Residential Facility, You’ll Find the Following Programs:
- Confidential assessments
- Group therapeutic services
- Individual therapeutic services
- Trauma-informed treatment
- On-site psychiatric services
- On-site medical
- Case management for women and mothers with children
- Life skills training
- On-site childcare
- Coaching for effective parenting skills

On-Site Daycare
Mothers are encouraged to bring their children (up to age 5) to live with them during their treatment stay. We offer age appropriate activities and licensed daycare supervision while mothers are focused in their treatment sessions during the day.

About Co-Occurring Disorders
Mental health and substance use conditions often co-occur. Evidence has proven that treating mental health symptoms simultaneously with chemical dependency has the best outcome for the clients. In other words, individuals with substance use conditions often have a mental health condition at the same time and vice versa.
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