



The Strength to Change.  
The Spirit to Live.



## Support to help you keep life in balance

Maintaining a healthy mental outlook is a critical part of living a healthy, balanced life. Recovering Hope's mental health professionals are specially trained to serve children, adolescents and adults dealing with issues related to daily living. Individual and family mental health therapy is designed to address the physical, social and emotional symptoms related to everyday challenges including trauma, marital conflicts, grief and loss, job changes, suicidal thoughts, anxiety and depression.





## Mental health services overview

Recovering Hope clinical therapists adhere to professional licensures and mental health codes of ethics. In addition, Recovering Hope therapists are trained to provide evidence-based treatment in an effort to ensure each patient receives the proper therapy required to address their treatment goals.

Services include diagnostic assessments; individual, family and couples therapy; animal assisted therapy; eye movement desensitization and reprocessing therapy (EMDR); psychological testing; medication management via telepsychiatry; telehealth sessions; DC:0-5 assessments and play therapy. Visit our website at [www.recoveringhope.life](http://www.recoveringhope.life) for more information about our mental health services.

## New to mental health therapy? Here's what to expect: I'm afraid people will find out I'm seeking counseling. What will they think?

Seeking mental health services in a small community can cause concerns about confidentiality and stigma. We understand these concerns and take specific precautionary steps to ensure each client's care is provided with a high degree of safety and confidentiality. Clients also have the option to choose telehealth counseling sessions, which allow them to talk with therapists in the comfort and privacy of their homes via an easy-to-use online platform. Reliable internet connectivity and access to a mobile phone, tablet or computer are required for telehealth sessions.

## How does mental health therapy work?

The initial therapy session will be used to complete a diagnostic assessment, which takes an average of 1.5 hours. During the second therapy session, therapist and client will discuss assessment findings and collaborate on an Individual Treatment Plan (ITP), which consists of short-and long-term goals for therapy. As therapy advances, therapist and client will revisit the ITP, discuss progress and identify areas where clients need assistance.

## How long should I expect to stay in therapy?

The length of therapy depends on several factors including the severity and extent of mental health concerns, participation in the therapy process and other factors that may affect or aggravate the therapeutic process. Therapists will discuss progress and length of treatment needed with clients on a consistent basis.

## Payment options provide flexibility

Recovering Hope accepts most forms of insurance including medical assistance and commercial health insurance plans. For individuals who do not have insurance, are out of network, or would prefer to not use their insurance, Recovering Hope offers self-pay options.

## Recovering Hope Treatment Center at a Glance

**Location:** Mora, Minnesota

**Clients Served:** Adults, adolescents and children  
Diverse populations including LGBTQ+ and BIPOC

### Services (for Adults):

- Diagnostic assessments
- Individual therapy
- Animal assisted therapy (AAT)
- Eye movement desensitization and reprocessing therapy (EMDR)
- Family therapy
- Couples therapy
- Psychological testing
- Medication management via telepsychiatry
- Telehealth options available

### Services for Adolescents (Ages 12 and older):

- Assessments
- Medication management via telepsychiatry
- Individual therapy
- Telehealth options available

### Services for Children (Ages 11 and younger):

- DC:0-5 assessments
- Play therapy/individual therapy

We're here to help.



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