



The Strength to Change.  
The Spirit to Live.



## Individualized outpatient services support recovery goals

Recovering Hope Treatment Center provides integrated individualized outpatient substance use disorder and mental health therapy services for adults ages 18+.

### Program overview

#### Assessment

Clients entering outpatient treatment receive a comprehensive substance use assessment to determine the appropriate level of care required to address their recovery goals. Assessment criteria are based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and American Society of Addiction Medicine (ASAM).



Recovering Hope offers individual and group therapy sessions to help outpatient clients meet their recovery goals.



## Program overview (continued)

### Intensive Outpatient Programming (IOP):

- To accommodate client schedules, daytime and evening programming is offered four days a week.
- Weekly IOP programming may be modified to accommodate an individual client's clinical needs or legal requirements.
- Programming is not offered on national and state holidays.

### Convenient on-site mental health services offer additional support

In addition to outpatient substance use disorder treatment, Recovering Hope maintains a comprehensive mental health therapy center on its Mora campus, giving clients convenient on-site access to family and individual counseling, psychiatric nursing, medication management, eye movement desensitization and reprocessing (EMDR) therapy, and assessments. Visit [www.recoveringhope.life](http://www.recoveringhope.life) for more information about mental health services.

### Payment options provide flexibility

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

## Recovering Hope Outpatient Substance Use Disorder Treatment at a Glance

**Location:** Mora, Minnesota

**Clients Served:** Adults 18+ (all genders)

### Levels of Care:

- Intensive Outpatient Programming (IOP):  
Weekdays and evenings 4 days per week.

### Services Offered:

- Case management
- Individual counseling
- Group counseling
- Individualized treatment plans

### Additional Services Offered:

- Individual, couples or family therapy
- Medication management via telepsychiatry
- Eye movement desensitization and reprocessing (EMDR) treatment
- Telehealth options available

We're here to help.



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