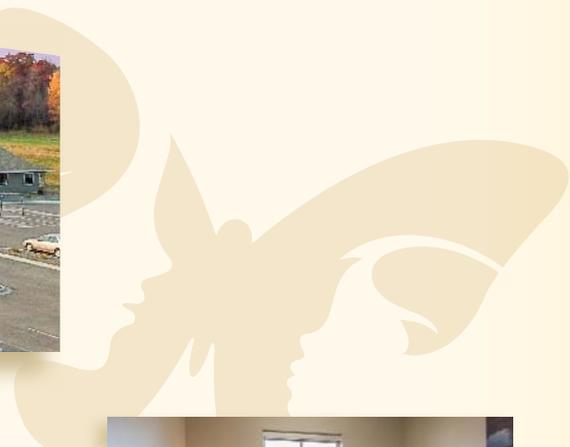




The Strength to Change.
The Spirit to Live.



Compassionate care for women and their families

Located on 47 acres in Mora, Minnesota, Recovering Hope Treatment Center offers women a safe and supportive residential environment where they can face their struggles with substance use and mental health disorders. A licensed on-site daycare center facility offers exceptional childcare while mothers participate in treatment programming.

Licensed on-site daycare accomodates young children

The staff at Recovering Hope understands that preserving family bonds – especially those with young children – is an important part of a healthy recovery from substance use disorders and associated traumas. To nurture that bond, Recovering Hope allows young children (up to age 5) to live on-site with their mothers during residential treatment. In addition to being licensed as early childhood educators, daycare staff specialize in conducting evidence-based trauma-informed interventions to address the individual needs of each child.



One-on-one counseling acknowledges each client's unique needs.



Group sessions are held in a comfortable and inviting atmosphere.



On-site daycare gives moms peace of mind during treatment.



Integrated care encourages exploration and growth

Residential treatment provides clients the opportunity to identify and explore issues related to substance use and mental health disorders through individual sessions, psychoeducational groups and process groups. Recovering Hope is equipped to accommodate clients who are in need of high-intensity and medium-intensity care levels.

Families will be included in various aspects of treatment planning, continuing care planning and individual family sessions. Family workshops may also be recommended as an additional component of client care.

Co-occurring treatment methods address individual recovery needs

Recovering Hope recognizes many individuals with substance use disorders often suffer from co-occurring mental health disorders, such as major depression or general anxiety. Recovering Hope provides integrated substance use and mental health services designed to address each client's individual needs and recovery goals.

With a comprehensive mental health counseling center located on its Mora campus, Recovering Hope gives clients convenient on-site access to family and individual counseling, psychiatric nursing, medication management, eye movement and desensitization reprocessing (EMDR) therapy, and assessments.

Payment options provide flexibility

Recovering Hope Treatment Center accepts most forms of insurance including Behavior Health Funding (BHF, formerly known as CCDTF), 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 offers complimentary transportation to prospective clients within Minnesota seeking admission into residential treatment. Please request transportation assistance when scheduling an admissions appointment.

Recovering Hope Treatment Center at a Glance

Location: Mora, Minnesota

Size: 108-bed modern residential facility (built in 2016) located on 47 acres in Mora, Minnesota. Safe, secure facility equipped with state-of-the-art video-monitoring surveillance technology.

Genders Admitted: Women ages 18+

Levels of Care:

- High Intensity (30 hours of weekly programming)
- Medium Intensity (15 hours of weekly programming and supported community passes)

Services Offered:

- Case management
- Individual and group counseling
- Individualized treatment plans
- Psychoeducational groups
- Licensed onsite daycare for residents' children (ages 0-5)
- Nutritious meals and snacks
- Comprehensive aftercare and discharge plans
- 24/7 on-site recovery advocates
- Complimentary admission transportation

Additional Services:

- Family education, workshops and services
- Medication management via telepsychiatry
- Leisure activities (seasonal gardening group, fitness classes)
- Individual, couples or family mental health therapy
- Eye movement desensitization and reprocessing (EMDR) treatment
- In-home parenting services (via Kanabec County Public Health)
- Parenting classes

We're here to help.

Recovering
HOPE
Treatment Center™

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