

Outpatient addiction program Group offerings



The Inpatient and Outpatient Addiction Program at Mercy Hospital – Unity Campus, offers rich, supportive and educational groups for people with addiction or co-occurring disorders. Our programs help improve our patients' quality of life, and focus on the whole person – mind, body and spirit. Our dedicated expert team of professionals provide individualized treatment to meet the needs and goals of each of our patients to treat the 'person' not the 'disorder'.

Relapse Prevention Outpatient Program

The Relapse Prevention Outpatient Program focuses on behavioral and cognitive change through individual and group counseling, relapse prevention skills and education. Our licensed drug and alcohol counselors, partner with patients to develop a relapse prevention plan for long term abstinence and coping skills, with goals that sustains a healthy lifestyle, and encourages engagement with family and community to develop a support system.

Best for treating: patients who have relapsed in the past and are concerned about the possibility of relapse.

Offered: Monday, Wednesday, Friday, 5:30-8:30 p.m. for five weeks (with possible continuing outpatient care).

Intensive Outpatient Program

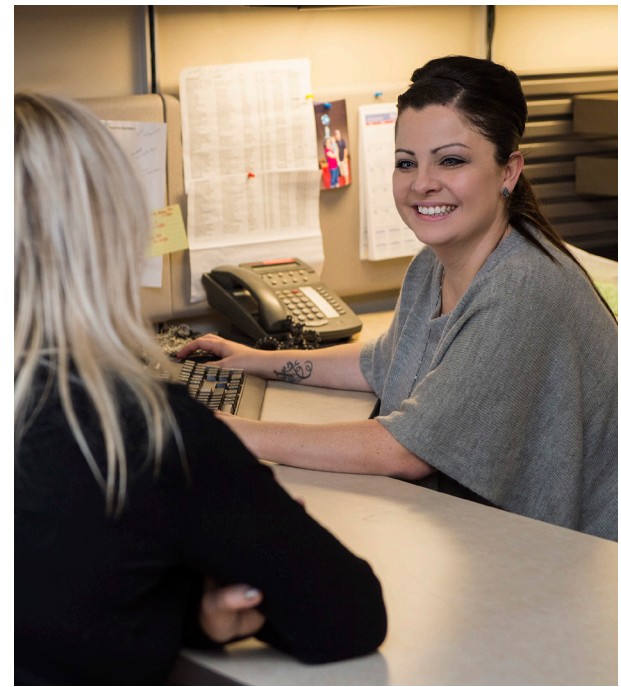
The Intensive Outpatient Program provides individual and group counseling using a variety of evidence based therapies, education and skills to treat addiction and support recovery, and skills for coping with co-occurring disorders. Our program addresses spiritual, emotional and physical health, relationships and building a recovery plan for a healthy life. Patients are encouraged to participate in recreational and spiritual activities, aromatherapy, family involvement, and will be provided intensity step-down, drug screening, after care programming and education about community support organizations.

Best for treating: individuals struggling with addiction and mental illness and trauma concerns.

Offered: Monday, Tuesday, Thursday, Friday, 9 a.m. to 12 p.m.; and 6-9 p.m.

Four, 3-hour groups for approximately 27 sessions. Continuing care: one, 2-hour group for approximately six sessions with weekly individual sessions throughout treatment.

(Number of sessions per week may be adjusted based on individual needs.)



Community education program

Community education programming focuses on education and skills to provide support and encouragement for a family member, friend or loved one who is coping with addiction and/or mental health condition, or addiction recovery.

Best for treating: education and support for family, loved ones or anyone in the community looking for information, education and support on addiction and recovery.

Offered: Thursdays, 6:30-8:30 p.m.

The group meets for a total of four weekly sessions

Outpatient Substance Use Disorder Assessments

A substance use disorder assessment is necessary for placement into addiction program at Mercy Hospital – Unity Campus. Our referral specialist helps select the treatment option that best suits the needs of each individual.

Best for treating: individuals who are seeking addiction treatment services, or referred by legal, court or employer to receive a chemical assessment.

Offered: Monday through Friday (appointment times vary; call the Connection Line to schedule).

LOCATION

The Lyric Building
7590 Lyric Lane NE
Fridley, MN 55432
(Brick building directly across the street from the emergency room entrance of Mercy Hospital – Unity Campus)

REGISTRATION

Register for groups by calling the Connection Line at **1-866-603-0016**.

To refer yourself, a family member or patient to the addiction treatment program: Begin by calling the Connection line at **1-866-603-0016**.

A substance use disorder assessment needs to be completed to enter treatment, and is required for insurance coverage. We accept most insurance plans.