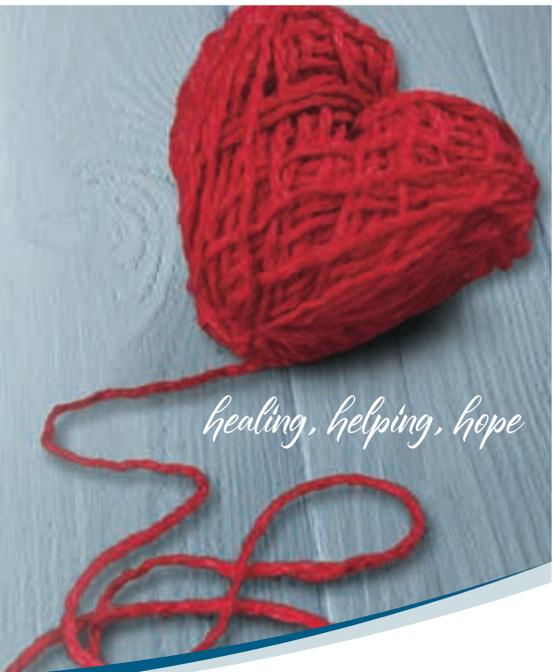




Adult Dual DIAGNOSIS PROGRAM



healing, helping, hope

Many individuals who struggle with substance abuse have underlying mental health issues. When the two become entangled, relapses can occur and stand in the way of long-term recovery. **Christian Family Solutions** combines the expertise of professionals from both mental health and substance abuse fields into a single treatment program. This integrated program effectively treats both the substance abuse and any underlying mental health concerns.

About the Program

Structure with flexibility — We provide rigorous, evidence-based treatment along with the flexibility to individualize that treatment to address each client's needs.

A true co-occurring program — We equally emphasize mental health and substance abuse topics in our schedule.

Evidence-based treatment — Each week clients receive one hour of well-known modalities including CBT, DBT, Seeking Safety, and Mindfulness.

"Phases to Recovery" — As we guide clients through the program, they are empowered to monitor their own progress and submit requests to move into the next phase. This client-driven aspect of our program creates a sense of responsibility and personal attention to each client's progress.

Option to integrate Christian faith — Quality treatment and faith principles can be integrated as desired by the client. Research shows that treatment incorporating an individual's spirituality yields longer-lasting outcomes.

Family support and involvement — Family members are welcome to attend individual mental health and substance abuse sessions. A family group session is offered monthly for additional support.

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“I can promise if you dig deep, be honest, and don't give up, this program will change your life!”





Admission

- Referrals can be made through primary mental health counselors, county or social workers, inpatient facilities, court hearings, or family/self-referral.
- For more information or to schedule a Rule 25 Assessment, contact us at **507-345-3812**. To refer or request an appointment online, visit ChristianFamilySolutions.org.
- Many insurance plans cover intensive outpatient services. Call us at **507-345-3812** so we can review insurance and payment options.

What makes CFS unique?

- Our Intensive Outpatient Programs are offered in comfortable clinic settings.
- We collaborate with referring partners to coordinate the best treatment plans for clients.
- We can integrate a client's Christian faith as desired, for longer lasting outcomes.

Uncertain if this treatment is right for you?
CFS conducts **Rule 25 Assessments** to help individuals determine the best treatment plan.



I don't think I've ever met anyone besides family that has cared for me like my counselors. They're real people, never judge you for things you've done, never ever shame you for the things done to you. As long as you're putting in the effort, they'll do anything they can to help you succeed!"

Questions? Contact:



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