

ABOUT THE PROGRAM

Canvas Health's counselors and treatment professionals are trained to provide intervention, support, and treatment to those struggling with alcohol or drug dependence. We offer assessments, treatment, groups for adolescents.

Our outpatient substance use disorder services meet the high quality standards of the State of Minnesota and have been licensed as a Minnesota 245G substance use treatment program that is recognized by insurance companies.

ADOLESCENT GROUP SCHEDULE

Cottage Grove:
3:30-5:30 p.m.
Tue, Wed, Thu

Forest Lake:
3:30-5:30 p.m.
Tue, Wed, Thu

CONTACT US TODAY

To make an appointment or for questions regarding eligibility or the referral process.

 (651) 777-5222

 CanvasHealth.org/Appointment



Adolescent Substance Use Disorder Services

HOW TO GET STARTED

Make an Appointment

If you believe that you or someone you care about could benefit from outpatient treatment for drug and alcohol use, request an appointment for an assessment at one of our clinic locations by calling (651) 777-5222.

Get an Assessment

Canvas Health offers Substance Use Comprehensive Assessments (previously known as Rule 25) for adolescents at our Stillwater, Cottage Grove, and Forest Lake clinics.

INDIVIDUAL TREATMENT PLAN

Our adolescent treatment program utilizes a cognitive behavioral, trauma-informed, non-traditional approach. It is designed for adolescents age 13-18 with a diagnosis of a substance use disorder.

The goal of this program is to keep adolescents in their home community. It includes group sessions, intensive case management, consultations, individual, and concerned persons/family sessions.

ADOLESCENT GROUP SESSIONS

To join a group, you must have a recent substance use assessment, which can be provided by Canvas Health or an outside agency. Group members also attend individual treatment sessions with a Canvas Health substance use counselor. Benefits include:

- Access non-judgmental support from peers
- Gain strategies from others with similar experiences
- Understand the connection between substance use disorders and mental health
- Change your behavior by challenging negative self-talk and changing your thinking