

## 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 adults.

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.

## ADULT GROUP SCHEDULE

### Oakdale:

9 a.m.-12 p.m. | Tue, Wed, Thu

### Coon Rapids:

9 a.m.-12 p.m. | Tue, Wed, Thu

### Cottage Grove:

9 a.m.-12 p.m. | Tue, Wed, Thu  
6-9 p.m. | Mon, Wed, Thu

### Forest Lake:

9 a.m.-12 p.m. | Tue, Wed, Thu  
12:15-3:15 p.m. | Tue, Wed, Thu  
6-9 p.m. | Mon, Wed, Thu

### North Branch:


9 a.m.-12 p.m. | Tue, Wed, Thu  
6-9 p.m. | Mon, Wed, Thu

### Stillwater:

9 a.m.-12 p.m. | Tue, Wed, Thu  
6-9 p.m. | Mon, Wed, Thu

## CONTACT US TODAY

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

 (651) 777-5222

 [CanvasHealth.org/Appointment](https://www.CanvasHealth.org/Appointment)



# Adult 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 adults at our Oakdale, Cottage Grove, Forest Lake, North Branch, Stillwater, Washington County Jail, and Chisago County Jail.

## INDIVIDUAL TREATMENT PLAN

Our New Choices for Recovery program helps adults take action to change their thinking and behaviors to both prevent relapse and to form a more positive relationship with themselves, others and their community.

Our approaches include Cognitive Behavioral Therapy (CBT), which teaches those recovering from addiction and mental illness to find connections between their thoughts, feelings, and actions and increase awareness of how these things impact recovery. Our groups also use a trauma-informed curriculum, motivational interviewing and 12-step supports.

## ADULT 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