

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
4-6 p.m. | Mon, Thu (*Level 1.0*)
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



Adult Substance Use Disorder Services

Our Stillwater Day Program is now accredited as a co-occurring program, offering integrated support for individuals managing both substance use disorders and mental health challenges!

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

Level 1.0 Substance Use Treatment is Canvas Health's least restrictive, outpatient level of care, often chosen proactively or as a step-down, offering structured support, accountability, and education while allowing individuals to maintain their daily responsibilities.

Canvas Health's Substance Use Disorder Intensive Treatment is an evidence-based intensive outpatient program that helps adults build recovery, prevent relapse, and address trauma through structured group and individual therapy. Using the Seeking Safety curriculum and personalized supports, the program provides comprehensive, inclusive care over 16 weeks to promote lasting stability and wellness.

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. Group benefits:

- 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
- Participate in trauma-informed curriculum, motivational interviewing and 12-step supports