



**MOVE
FORWARD
IN HOPE**

Residential Treatment Programs for Men and Women

*Communicating Acceptance
Restoring Hope
Developing Lasting Recovery*



*Personal success in recovery occurs
when treatment focuses on the entire person.
In NorthStar Regional's Residential Programs,
each client is treated holistically, addressing both
substance use and mental health issues.*

OVERVIEW

Co-occurring disorders treatment programming in the NorthStar Regional Men's and Women's Residential Programs includes group and individual therapy, educational lectures, meditation, recreational therapy and participation in 12-step support groups. Men and women are housed in separate facilities with 24-hour staffing.

Personal success in recovery increases when treatment focuses on all aspects of the entire person. Clients in the NorthStar Regional Residential Program will be treated holistically – addressing substance abuse, mental health issues and medical/psychiatric issues.

This approach allows us to achieve the best treatment outcomes. Lengths of stay will depend on the client's progress in the program. Track One will average 4 to 6 weeks, and Track Two will average 6 to 8 weeks.

Our evidenced-based co-occurring disorder curriculum was written by our president, Dr. Hal Baumchen, and serves as the foundation of our treatment program materials.

Following the completion of residential treatment, continuum of care options are available through NorthStar Regional, including individual counseling, psychiatry services, intensive outpatient chemical dependency treatment, intensive outpatient mental health services, and sober homes.

CO-OCCURRING DISORDERS BY THE NUMBERS

15.3 MILLION

- Number of American adults who meet the criteria for substance use

45 PERCENT

- Percentage of people with a substance dependency who also have a co-occurring mental health diagnosis

4.5 TIMES

- Increased likelihood that a person with a drug abuse problem will experience a mental health disorder over the course of a lifetime as compared to a non-drug user

Sources: NESARC, CAMH



GETTING STARTED

The first step to recovery in our program is to schedule an assessment with one of our licensed counselors. If the program fits the client's needs, we can begin the intake process.

At intake, clients are admitted to the program and placed in the track that is best for them. They will also be referred to other services as needed.

To schedule an assessment or learn more about our programs, please call 952.448.6557. Clients who have recently completed any assessments should fax them to NorthStar Regional (952.448.6047) prior to their initial appointment.

TREATMENT PROGRAM DETAILS

Treatment in NorthStar Regional's residential programs is individualized and includes ongoing assessment in each of the ASAM Six Dimensions. During weekly sessions with their primary counselor, clients will review their individual treatment plan, discuss their progress, and update their Six Dimension severity ratings.

When a client has decreased their severity rating in Dimensions 1 through 5 to a severity of 3 or below, or at staff recommendation, they will step down to a lower level of care.

PROGRAM DETAILS

- Duration: 4-6 weeks, on average. (Actual duration will depend upon the client's Six Dimension severity ratings.)
- Group sessions include Primary, Co-Occurring Disorders Recovery Group, Foundations of Recovery, Family Education, Daily Meditation, Step Study, Recovery Yoga, Art Therapy, Community Meeting, and Medication Education
- Individual sessions are scheduled for each client

Total program hours: 32 hours of group therapy and two hours of individual counseling per week

FACILITIES

The **women's residential treatment center** is located in the heart of historic downtown Chaska. The 16-bed facility includes both single and double-occupancy rooms. The center also includes kitchen and dining facilities, group rooms, lounge areas, a med room, and staff offices.

The **men's residential treatment center** in Shakopee is a 48-bed building featuring two floors of double-occupancy rooms with private baths. The center includes a kitchen, dining room, group rooms and common areas on the housing floors, a medical/psychiatry suite, and staff offices.

Exercise facilities are available for clients in both the men's and women's residential programs.

PHARMACOTHERAPY

Pharmacotherapy is used in mental health/substance abuse treatment to help clients reduce cravings in the early stages of abstinence from chemicals and stabilization from a mood disorder.

The positive relationship of medication to treat mental illness and substance use disorders is firmly established. New advancements in the understanding of brain chemistry enable our medical treatment team to focus on specific symptoms of a mental health disorder and chemical use. Medication and therapy working in conjunction will provide the most effective treatment to reduce symptoms and assist in preventing relapse. Continued advancement of prescription medications allow us to target specific symptoms of depression, anxiety, bipolar illness and other mental illnesses.

PAYMENT OPTIONS

NorthStar Regional's Residential Treatment Programs are licensed by the Minnesota Department of Human Services (DHS) and accept Rule 25 funding. We accept payment from most insurance plans, as well as cash payments for those without insurance. Customized payment plans are available.



*Any client
can be
successful,
overcome
obstacles,
make great
progress
and sustain
long-term
recovery.*

PHILOSOPHY OF TREATMENT

The NorthStar Regional Residential Program is designed specifically for the treatment of co-occurring mental health and substance use disorders. Our philosophy is to treat both chemical and mental health disorders at the same time in order for true recovery to occur. The program utilizes up-to-date education and evidence-based treatment techniques while incorporating a strong abstinence-based 12-step philosophy. Treatment of co-occurring disorders is designed for three primary outcomes: 1) reduce symptoms 2) prevent relapse, and 3) achieve stability/participation in clients' own wellness.

Treatment is individualized. Treatment at the Residential Program is specifically designed to enhance the client's already existing skill set while developing recovery-focused strengths. A treatment plan will be designed to address the individual client's unique mental health issues and their dependency on mood-altering chemicals. Our philosophy is to give the client consistent and compassionate individualized care in order to successfully address both areas.

Changing thoughts and beliefs will change feelings and behaviors. The influence of Cognitive Behavioral Therapy will be used throughout the client's treatment at NorthStar Regional. Various program components will challenge the client to examine negative thinking and thought distortions. Inaccurate, exaggerated thoughts are replaced with positive, accurate and reality-based views and beliefs.

Making lifestyle changes helps prevent relapse. Educational components and various exercises will assist the client in understanding the signs and symptoms of mental illness. We focus on creating positive habits and actions that support a recovery lifestyle. We address worry, stress, anger, anxiety, depression and many other emotional issues. The client will be challenged to grow in psychological strength, motivation and problem-solving ability.

Embrace another chance. Designed to inspire and encourage, the Residential Program is determined to revitalize commitment, help the client develop a positive mindset and begin the journey of change. Our belief is that any client can be successful, overcome obstacles, make great progress and sustain long-term recovery. All clients will be greatly encouraged to invest in their recovering community and establish positive relationships.



THE RESIDENTIAL PROGRAM LEADERSHIP TEAM

JASON VANDERSCOFF, LADC, is the CEO of NorthStar Regional and was formerly the CEO of Five Stars Recovery Center. He is a Licensed Alcohol and Drug Counselor (LADC). His responsibilities include overall strategy, program development, financial oversight and provider contracting. Jason has also served as the CEO of CD Recovery Services, DRS Acquisitions, and Cx Technology Services. He is a graduate of the University of Minnesota-Twin Cities.

THOMAS WINEGARDEN, MD, is the Medical Director of Stone Creek Psychiatry in Chanhassen, Minnesota, and the Medical Director of NorthStar Regional. He is a Board-Certified Adult and Addictions Psychiatrist, and he received his degree from the University of Minnesota Medical School. Dr. Winegarden has served at Hazelden Treatment Center since 1994, and also serves as staff psychiatrist at Fairview Southdale Hospital. His clinical interests include bipolar illness, depression, anxiety, attention deficit disorders, and addictions in adults.

BRIAN LOOTS, LADC, is the Chief Operations Officer of NorthStar Regional and oversees all programming. Brian is uniquely dedicated to the quality of client care and has championed these causes in publications and state legislation. He has been working in the field of addictions for 15 years with a wide range of populations across all levels of the continuum. He is a University of Minnesota graduate with a bachelor's degree in Psychological and Spiritual Approaches to Behavior Change and Addiction. Brian also attended Hamline University for a Masters in Nonprofit Management.

HAL BAUMCHEN, PSYD, LP, LADC, is the President and Clinical Director of NorthStar Regional. A Licensed Clinical Psychologist (LP) with over 30 years (30,000+ hours) of counseling experience, he was also the founder and executive director of Northland Counseling Services. He received his master's Degree from Wheaton Graduate School and his Doctorate of Psychology (PsyD) from the Illinois School of Professional Psychology. Hal is a licensed alcohol and drug counselor (LADC) and received his certificate in Co-Occurring Disorders from Adler Graduate School. He is the author and founder of Journey to Recovery, a resource site with materials for the treatment of co-occurring mental health and substance use disorders.



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