



## **Men's and Women's Co-Occurring Intensive Outpatient Program and Mental Health Counseling in Maple Grove**

Our Co-Occurring Intensive Outpatient (IOP) Program is an intensive form of substance abuse disorder and mental health treatment for men and women. NorthStar Regional offers both morning and evening programming hours, consisting of group therapy and individual counseling.

Our Mental Health Counseling Services can help those of all ages. We provide help for individuals, couples, and families on a wide variety of topics.



## **CO-OCCURRING INTENSIVE OUTPATIENT PROGRAM (IOP)**

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Program length is determined by client needs and based on three phases of care. Each phase averages about 90 days. Following the completion of treatment, continuing care options are available, including end of service action plan and individual mental health counseling.

- 245G Licensed
  - 4 - 5 group sessions a week
  - 3 individualized sessions
  - Intensive outpatient and aftercare services
  - Day and evening hour options
  - Mental health counseling
  - Chemical and mental health assessments
  - 7-beds available for enrolling in morning IOP program (Men only)
- ◇ (HSF Funding is not available with this program)

## **MENTAL HEALTH COUNSELING**

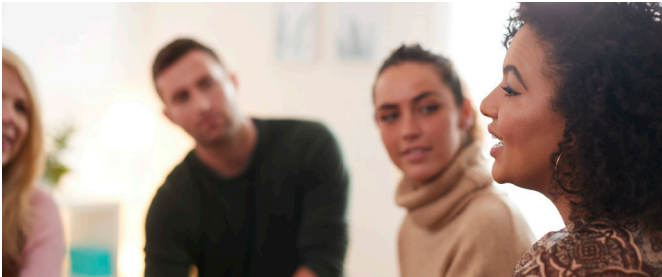
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- Monday through Friday appointments
- Day and evening hours

### **Mental Health Topics:**

More information available on our website

- Anger Management therapy
- Anxiety
- ADD/ADHD
- Cognitive-Behavioral Training
- Depression
- Grief Counseling
- Learning Disorders
- Parenting Skills
- PTSD
- Sleep Disorder



7384 Kirkwood Ct, Suite 200, Maple Grove, MN 55369  
Main: 1-833-677-4673 Fax: 952-208-1126  
northstarregional.com  
Info@northstarregional.com