



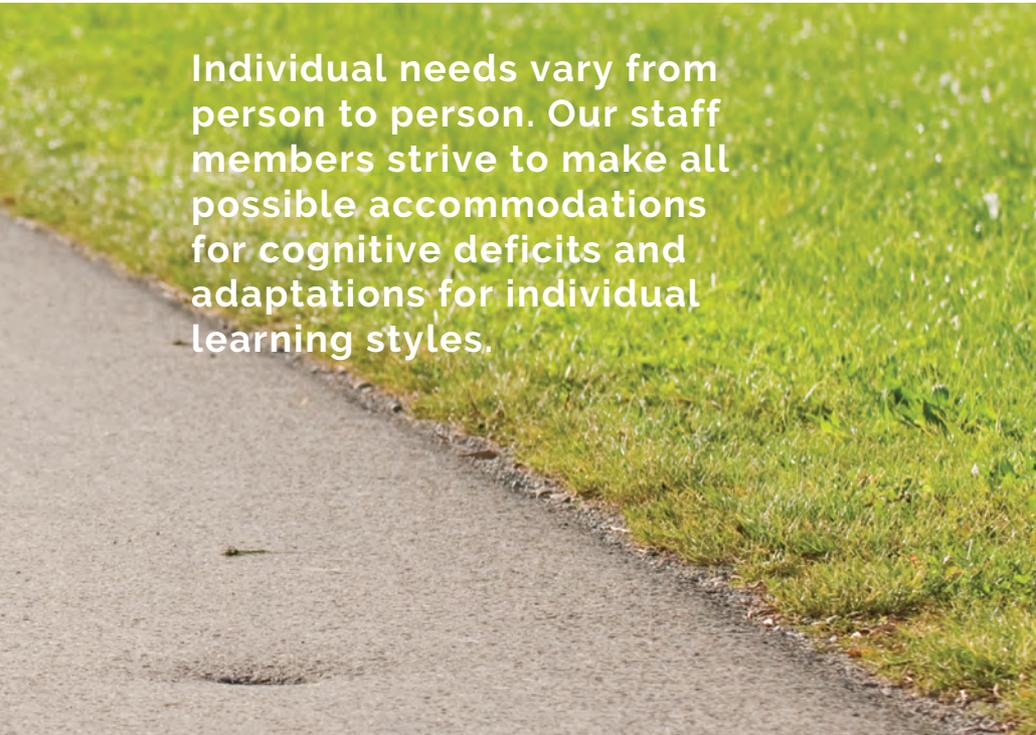
Full lives for people with disabilities







Vinland is dedicated to treating the whole person—mind, body and spirit. In addition to addressing substance use issues, we provide a variety of complementary care services to help our clients reach their goals.



Individual needs vary from person to person. Our staff members strive to make all possible accommodations for cognitive deficits and adaptations for individual learning styles.

## Overview of Program

### Why Vinland?

Vinland is a fully-accredited substance use treatment center licensed by the State of Minnesota. We meet the complex needs of individuals with cognitive impairments seeking treatment for drug and alcohol abuse. We understand that past trauma is common for people struggling with addiction, which is why we provide trauma-informed services aimed at reducing triggers and avoiding re-traumatization.

We interview our clients upon arrival and six months after they graduate from our program:



**REPORT  
ABSTINENCE  
OR  
REDUCED USE**



**OF VINLAND'S PARTICIPANTS  
COMPLETE TREATMENT**

compared to the Minnesota average completion rate of 52% and the national average completion rate of 45%



**REPORT AN  
IMPROVEMENT  
IN THEIR  
QUALITY OF LIFE**

### Who We Serve

Vinland's substance use disorder program serves male-identifying adults, ages 18 and older.

We specialize in providing services for individuals with cognitive impairments, co-occurring mental health issues, and/or learning disabilities.

#### Types of Disabilities Among

Clients in 2020

Includes Duplicates



## Treating the Whole Person

Vinland is dedicated to treating the whole person—mind, body and spirit. In addition to addressing substance use issues, we also focus on relationships, family, parenting, sexuality, anger, and grief and loss. We assist participants with life management issues such as therapeutic exercise, recreation, nutrition, recovery support, and networking.

We help people become more aware of their use of alcohol and other drugs. We teach people how drugs affect the health and healing of their brains, bodies, feelings, and relationships.



Our program is designed for:

- Those who can benefit from a slower-paced, more individually-focused program.
- People living with disabilities such as brain injury, developmental disability, and/or physical disability.
- Individuals dealing with simultaneous mental illnesses.
- Those who have had difficulty succeeding in traditional substance use disorder treatment programs or those who have relapsed and need a new approach.

## Referral to Post-Treatment Resources

Vinland staff members assist participants in locating available community resources such as:

- Housing
- Rehabilitation services
- Vocational services
- Social services
- Medical services
- Support groups

## What to Expect from Our Programs

- Therapy is tailored to each client's needs, taking into account different learning styles and utilizing several modes of teaching.
- Accommodations are made for cognitive deficits and individual learning styles.
- Material is covered at a slower pace with frequent repetition.
- Individual work is provided to ensure needs are properly addressed.
- Clients address feelings that are covered up, coped with and/or ignored while using substances.
- Clients discover healthy alternatives to using alcohol and other drugs.
- Emphasis is placed on integrating thinking, emotions, and actions.
- Clients explore ways to build positive relationships and support systems.
- Multifaceted relapse prevention strategies are addressed to help clients avoid unhealthy behaviors.



*Outpatient Services office, upper level*



This is the first time in my life I've had any quality recovery. Before I always wanted too much, too soon. Now I'm moving along kind of slowly and it doesn't bother me. ~Vinland Graduate

## Outpatient Treatment Services

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We offer convenient scheduling with morning and afternoon sessions. This ensures people can get the services they need while fulfilling their family and life obligations.

Outpatient substance use disorder treatment is intended for people with disabilities and varying levels of substance use issues. Our outpatient problem gambling program is open to everyone. We serve adults, ages 18 and older in both programs.



*An Outpatient Services office*

### Assessments

We conduct substance use disorder as well as problem gambling assessments at this location by appointment.

*Outpatient Services conference room*



### Length of Outpatient Programs

Groups meet Monday through Friday. The number of days each participant attends per week varies around other obligations and medical needs. The length of the program depends upon each individual's circumstances.

## Convenient Outpatient Location

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Our offices are located in northeast Minneapolis on the corner of Stinson and Summer Street, one block south of Broadway. Our offices are easily accessible via car, bus, and assisted transportation services such as Metro Mobility® and medical transportation.

## Outpatient Problem Gambling Treatment

### Vinland's Outpatient Services Location Now Offers Problem Gambling Disorder Treatment!

- Problem gambling does not occur in isolation. In many cases, it occurs in the company of co-presenting issues. For example, gambling disorder and alcohol/drug addiction are frequently part of a dual diagnosis.<sup>1</sup>
- 75% of all problem gamblers have an alcohol disorder.
- The stigma and shame associated with problem gambling severely inhibits gamblers from seeking the help they need.



The biggest danger of going to the casino for someone in recovery is that they'll get a "big win" that can trigger their alcohol and/or drug addiction.

~A 54-year-old man in recovery

*Minnesota offers funding for problem gambling treatment. Individuals and families can access these services at no charge, based on need. We can help!*

*Recovery from gambling addiction is possible!*

**"Many recovering alcoholics/addicts are not aware that they might be at risk of crossing over to a gambling addiction."<sup>1</sup>**

— A substance use disorder and problem gambling counselor

**Call now  
for more  
information!  
762.479.4881**

## Residential Treatment Services

### Peaceful Setting

Situated on a hill overlooking Lake Independence in western Hennepin County, Vinland's main campus encompasses 178 acres of prairie, woods and shoreline. It is a rural setting conveniently located just 20 miles west of Minneapolis and 45 miles south of St. Cloud.



*Canoeing on Lake Independence*

Residential treatment at Vinland is intended for people with disabilities who are dependent on substances. We serve adults ages 18 and older.

### Accommodations and Amenities

- Two- to four-person bedrooms that feature attached bathrooms and accessible showers.
- Fitness center and recreation center.
- Delicious meals and snacks professionally prepared on site.
- Staff assistance in arranging transportation to and from appointments and Vinland's main campus.
- 24-hour supervision, 7 days a week.

### Length of Residential Program

The average program lasts 45 days, but can vary depending on individual needs and circumstances.



*Residential building*



*Bedroom*



*En-suite bathroom*

## Complementary Care Services

Vinland is dedicated to treating the whole person. We understand that there are many barriers to achieving independence, which is why we provide a variety of complementary care services to help our clients reach their goals.

### Therapeutic Exercise

The therapeutic exercise program is a safe, slow, and gentle supervised physical reconditioning program located at Vinland's main campus. All clients receive a pre-assessment to determine their current functional capacity. After the assessment, an exercise physiologist designs a personalized program to improve their strength, flexibility, balance, coordination, posture, and body mechanics. Many of our clients have issues related to chronic pain, musculoskeletal injuries, and/or traumatic brain injuries, which makes personalized programs a necessity.



*Snowshoeing on Prairie Trail*



*Therapeutic exercise center*

Clients also learn about proper nutrition and safe body mechanics as part of the therapeutic exercise program.

### Recreation Activities

At Vinland, we strongly believe that an active role in sober recreation activities leads to a fuller and more rewarding life. While receiving services at Vinland's main campus, clients have the option to participate in planned recreation activities intended to foster lifelong participation in sober activities. Activities vary depending on the season and may include fishing, canoeing, yoga, snowshoeing, and biking. Clients have access to billiard tables, ping-pong tables, puzzles, books, and craft supplies.



*Weekly yoga is offered for clients*

### **Mindfulness-Based Meditation**

Mindfulness-based meditation offers a way for people with substance use disorders to improve their ability to recognize stress reactions in the body and cope with their feelings in a new way. Developed in partnership with the University of Minnesota's Center for Spirituality & Healing, this program has been adapted to the needs of our clients.

The staff cared about the clients, our families, and our lives. My kids and I still talk about the Family Program.

~Vinland Graduate

### **Treating Mental Health and Substance Use Disorders**

Simultaneous mental illness and substance use disorder issues are very common. For individuals with a substance use disorder, up to half also have mental health concerns. Mental health disorders interact with chemical health issues, negatively impacting an individual's chance at recovery.

Depending on the insurance coverage you have, Vinland provides integrated mental health services and medication management at our residential program. Clients participate in mental health groups and meet one-on-one with licensed mental health professionals. When appropriate, clients may also meet with our in-house psychologist or psychiatrist.

## Admissions & Referrals

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### Outpatient Services

675 Stinson Blvd., Suite 200  
Minneapolis, Minnesota 55413  
Phone: 763.479.4881  
Toll-free: 866.956.7612  
Fax: 612.781.7424

### Outpatient Problem Gambling Disorder Treatment Services

675 Stinson Blvd., Suite 200  
Minneapolis, Minnesota 55413  
Phone: 763.479.4881

### Residential Services

3675 Ihduhapi Road  
Loretto, Minnesota 55357  
Phone: 763.479.3555  
Toll-free: 866.956.7612  
Fax: 763.479.4372

### Admissions Criteria

Participants in the program must be medically and psychiatrically stable. We serve adults ages 18 and older.

For OUTPATIENT SERVICES, individuals must be able to manage their medications and their medical condition(s)—either independently or with the aid of a personal care attendant. They must also be able to arrange for transportation. We will work with people on methadone, opioids and other narcotics, as long as they are under the ongoing supervision of a doctor.

### Substance Use Disorder Evaluation

Participants need a substance use assessment or Rule 25. You may obtain this assessment via telehealth at our Outpatient Program by calling 763.479.4881.

### Funding

We accept consolidated treatment funds (CTF), pre-paid medical plans (PMAPS), most insurance plans, and private pay.

### Making a Referral

Call 763.479.3555 (toll-free 866.956.7612) to speak with someone about the admissions process.

## About Vinland National Center

Vinland National Center is a 501(c)(3) non-profit organization that enables individuals with multiple disabilities to live productive and fulfilling lives through a whole-person approach that addresses the mind, body and spirit. Vinland's programs meet the complex needs of individuals living with brain injuries, mental illness and learning disabilities. Our primary focus is on substance abuse treatment including mental health services, a renowned therapeutic exercise program, family programming, outpatient services and permanent, supportive housing for adults with disabilities in recovery from substance use disorder.