



Men's Co-Occurring Intensive Outpatient w/Lodging Program in Otsego

Bluff House

Our Men's Co-Occurring Intensive Outpatient (IOP) with Lodging treatment program involves a live-in treatment facility that provides therapy for substance use, mental health, and medical services, while encouraging clients to begin re-integrating into the community.



NorthStar Regional provides integrated substance use disorder treatment and mental health care with a high-intensity, multidisciplinary team. There are 2 pillars that make us stand out above others: Mental Health, and Counseling/Treatment.

COUNSELING/TREATMENT DETAILS

- 245G Licensed
- Live-in Treatment Program
- 90-day Program on average
- On-site medical services
- Group and individualized therapy
- Intensive outpatient and continuing care services
- Day and evening hours
- Total program hours: 26 hours of group therapy and educational components.

FACILITY DETAILS

- 83 beds available
- 3 floors - Wheelchair accessible
- Single and double-occupancy rooms
- Each room has a private bath
- 32 acres by the Mississippi River
- Great Amenities: indoor workout facilities, frisbee golf, sand volleyball, indoor/outdoor basketball courts, walking trails, meditation areas and much more



**We accept major insurances
as well as public funding**

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