

**Overview** Vinland is the only chemical dependency treatment program in Minnesota that specializes in treating adults with traumatic brain injuries or other neurobehavioral disorders (including acquired brain injury, Asperger's Syndrome, Autism Spectrum Disorder, Fetal Alcohol Syndrome, Fetal Alcohol Effect, And Serious and Persistent Mental Illness).

We have a strong national reputation for providing services that meet the complex needs of individuals living with brain injuries, mental illness, and learning disabilities.

Our services include drug and alcohol treatment for adults with disabilities, outpatient mental health services, vocational services, and permanent supportive housing for adults with disabilities in recovery from drug and alcohol abuse. In addition, our participants have access to a variety of complementary care services.

- Did You Know?**
- **3.2 million people** in the United States live with disabilities as the result of a brain injury.
  - **Every \$1 spent on treatment saves society \$7** from reduced health care costs, reduced crime, and increased productivity, according to the Substance Abuse and Mental Health Services Administration. The financial cost of drug and alcohol abuse in the United States in terms of increased health care costs, increased crime, and reduced productivity, is estimated at **\$180 billion annually**.
  - **25 percent** of adult stays in community hospitals involved **mental health issues** or **substance abuse disorders**.

### Brain Injury and Addiction

After sustaining a brain injury, many people experience devastating physical, emotional, and behavioral changes. People with brain injuries often struggle with depression, poor impulse control, and short-term memory problems, which are just a few of the reasons for the increased incidence of substance abuse among this population. Too often, people with brain injuries are not successful in conventional drug and alcohol treatment programs which do not accommodate their unique learning styles.

### Contact Info

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### Outcomes

- 86% of Vinland participants complete treatment, compared to the statewide average of 57% and the national average of 47%.

### Outcomes

- 80% of our contacted alumni report abstinence or reduced use six months following treatment
- 71% report improvement in their quality of life six months following treatment

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One out of two people living with a brain injury has a substance abuse issue, according to the Department of Health and Human Services Office on Disability. This rate is **5 times higher** than the general population.

## Chemical Health

Vinland has been providing drug and alcohol treatment for adults with cognitive disabilities since 1990. Our approach to treatment places an emphasis on integrating thinking, emotions and actions. We provide integrated treatment for individuals with co-occurring mental health issues. Our staff members strive to make all possible accommodations for cognitive deficits and adaptations to individual learning styles.

We provide residential services at our main campus in Loretto, and outpatient services at our offices in northeast Minneapolis.

We worked with the Center for Substance Abuse Treatment through the Substance Abuse and Mental Health Services Administration (SAMHSA) to establish best practices for our Mental Illness/Chemical Dependency groups.

*“Vinland was able to address issues other than just chemical dependency. They worked with me on my brain injury and PTSD issues. I was treated as a whole person.”*

- Kerry

## Complementary Care Services

Vinland provides a variety of complementary care services to all of its participants. The therapeutic exercise program is the largest and provides each participant with a personalized fitness program designed under the supervision of Vinland’s exercise physiologist certified staff. Vinland also offers family programming, traumatic brain injury groups, adapted mindfulness-based meditation classes, recreation activities, and basic computer training.

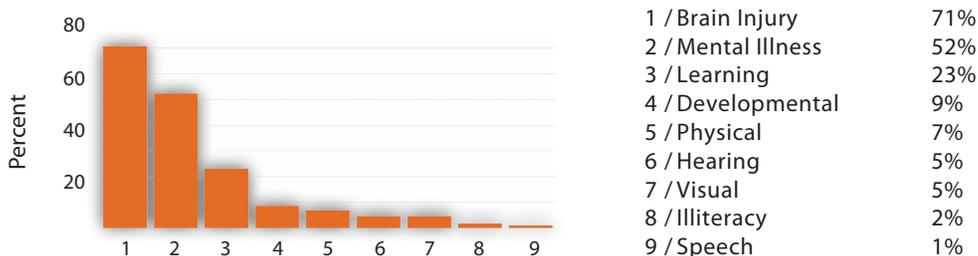
## Who We Serve

In FY2011, Vinland served 313 individuals in the residential portion of the program and 87 individuals in the outpatient portion of the program. Through a contract with Courage Center, Vinland also provided chemical health services to 339 individuals in Courage Center Golden Valley’s Transitional Rehabilitation and Pain Management Programs.

- 57% of Vinland’s clients are from the 7-County Metro Area
- 43% of Vinland’s clients are from Outstate Minnesota

### Types of disabilities among participants during FY2011

(includes duplicates)



## Outcomes

**938** Pre-Vinland Number of Incarcerations

**76** Post-Vinland Number of Incarcerations

**92%** Percentage Reduction in Incarcerations

*Based on an 8 year average (1999, 2003, 2004, 2005, 2007, 2008, 2009, 2010)*

## Outcomes

- Therapeutic Exercise participants reported on average a 33% reduction in chronic pain levels after completing the program.