



*The Road of Life  
Isn't Always Straight*

**CENTRAL MINNESOTA  
MENTAL HEALTH CENTER  
OFFICES/SERVICES:**

**Buffalo**  
308 12th Avenue South  
Buffalo, MN 55313  
(763) 682-4400

**St. Cloud**  
1321 North 13th Street  
St. Cloud, MN 56303  
(320) 252-5010

**Monticello**  
407 Washington Street  
Monticello, MN 55362  
(763) 295-4001

**Elk River**  
253 8th Street N.W., Suite A  
Elk River, MN 55330  
(763) 441-3770

**24-Hour Crisis Emergency Hotline**  
(320) 253-5555 or  
(800) 635-8008

**Detoxification Services**  
(320) 252-6654

# Central Minnesota Mental Health Center

**Chemical Dependency**



*Providing high quality Professional Mental  
Health Service for over 30 years.*

## Chemical Dependency

Alcohol or drugs may be affecting you or someone you care about. Perhaps you've noticed a change in behavior, in home life, personal relationships, work or appearance. The Chemical Dependency Program is designed to provide a non-judgmental, supportive and educational environment for adults affected by alcoholism or other drug dependence. Based on the Alcoholics Anonymous 12-step approach, our program takes its direction from a community based Mental Health Program. We have a team of licensed chemical dependency counselors and psychologists providing care. We have a "full service" approach. Each participant is treated as an individual and is reviewed weekly by the treatment team.

## Funding Sources

We accept most insurance plans, County Funds (Rule 25), all major credit cards, checks and cash. We can assist in locating funding sources at times, so please call if you have questions or need assistance.

## Service Options

Consultation and referral:  
The program can help find appropriate resources for treatment based on an individual's needs. These resources may be available within the community or through the Central Minnesota Mental Health System.

## Professional Communication

We strive to maintain open communications with area physicians and other professionals involved in the care of our clients through progress reports, updates and case review.

## PROGRAM SCHEDULE

Day and evening appointments are available at your convenience for assessment and recommendations.

### Buffalo Program Hours - Adult

Monday	4:00p - 6:00p	Adult Phase I (family)
Tuesday	6:00p - 8:00p	Adult Phase I/II
Wednesday	6:00p - 8:00p	Adult Phase I/II/III

### Buffalo/Monticello Program Hours - Adolescent

Monday - Buffalo	4:30p - 6:00p	Adolescent Phase I/II
Monday - Monticello	4:00p - 5:30p	Adolescent Phase I/II
Tuesday - Monticello	4:00p - 5:30p	Adolescent Phase I (family)
Wednesday - Buffalo	4:30p - 6:00p	Adolescent Phase I (family)
Thursday - Buffalo	4:30p - 6:00p	Adolescent Phase I/II/III
Thursday - Monticello	4:00p - 5:30p	Adolescent Phase I/II/III
Saturday	8:00a - 4:30p	8 Hour Chemical Awareness Class Meets once a month S.K.I.P. - 1st Saturday of the month

### Monticello Program Hours - Adult

Monday	10:00a - 12:00p	Adult Phase I/II/III
	5:45p - 7:45p	Adult Phase I
Tuesday	5:45p - 7:45p	Adult Phase I (family)
Wednesday	5:45p - 7:45p	Adult Phase I/II/III
Thursday	10:00a - 12:00p	Adult Phase I/II/III

### St. Cloud Program Hours - Adult

Monday	8:30a - 11:30a	Adult Phase I Primary
	5:00p - 8:00p	Adult Phase I Primary
	5:30p - 7:00p	8-Session Education
	7:00p - 8:30p	Step Abstinence Based Education
Tuesday	9:00a - 10:30a	Adult Continuing Care Phase II
Thursday	8:30a - 11:30a	Adult Phase I Primary
	5:00p - 8:00p	Adult Phase I Primary
	5:00p - 6:30p	Adult Continuing Care Phase II

Times subject to change

**Elk River Office**  
Evaluations by Appointment

**Primary Program** Adult - 9 weeks (54 hours) / Adolescent - 12 weeks (54 hours)  
**Continuing Care/Support Groups** - 12 weeks following primary programs  
12 weeks adolescent Continuing Care with family participation every fourth Thursday