

The Center for Alcohol and Chemical Dependency

HELPING BRING MIRACLES TO LIFE



“I thought,
without a doubt,
ADDICTION
was going to
take my life.

It is the only
disease that
DEMANDS
YOUR LIFE
before it
takes it.”

– a former Project Turnabout patient

Needing a Miracle

When life is careening out of control and each passing day seems to be worse than the one before, envisioning a brighter tomorrow can seem like an impossible dream.

Drug and alcohol addiction has a way of doing that. It can rob the soul of the things that once gave life joy and meaning. In exchange, what is left is a legacy of broken promises, shattered lives and unrealized potential.

Day by day, the person who once dreamed of great or even ordinary things—like completing college, maintaining stable employment or being a good father or mother—watches the chance to achieve their legacy slip away.

The story doesn't need to end there.

As hard as it may be to imagine now, the pattern can be broken, and a new life free of substance abuse can be attained through proven treatment, a professional staff and a patient's willing heart.

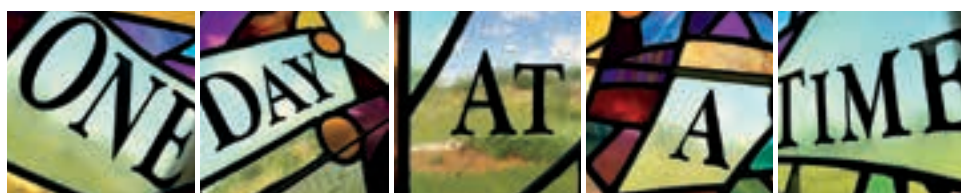
For over four decades, we've helped beautiful things emerge from life's hardest places. The miracle? Helping individuals and families in the midst of turmoil rediscover the miraculous joy of living clean and sober. It's why we're here. It's what we do.

Let's begin nurturing your miracle.

The Center for Alcohol and Drug Recovery

For more than 45 years, Project Turnabout's Center for Alcohol and Drug Recovery has been providing life-affirming services to residents of Southwest Minnesota. Today, we remain true to our roots with an unyielding commitment to helping each patient we touch realize the miracle of recovery and a better life.

What began as a "little treatment center on the prairie" has quietly and steadily grown into a revered center, attracting patients from the Midwest and beyond.



PROJECT TURNABOUT

PERSONALIZED TREATMENT PLANNING

Each patient's chemical use, psychological, medical and general health, and physical fitness needs are addressed in a personalized treatment plan. The plan utilizes a blend of education, fellowship, evidence-based therapies and holistic services, integrated with the time-proven 12 Steps of Alcoholics Anonymous. Our team of licensed counselors, mental health specialists, spiritual care providers and medical care professionals work closely with each patient every step of the way.

Center stays are based on the needs of each patient. For some, it may be a couple of weeks, while for others it may require longer periods to be fully prepared to face life on its terms, free from the use of alcohol and drugs. Intensive Outpatient programs for women and men are also available.



Turnabout's treatment care is all about nurturing healthy, balanced relationships with self and loved ones. Emphasis is placed on understanding how addiction relates to relationships and life problems, and helping develop coping skills and support systems that allow patients to move confidently into lives of recovery. In addition, a certified personal fitness trainer and a dietary manager are available to assist in developing personal wellness and nutrition plans. A fully-equipped fitness center, gymnasium and spiritual center are available on campus.

GENDER AND RECOVERY

The issues women and men face in treatment and recovery are often dramatically different. We have experienced the greatest success by treating women and men for the unique challenges each gender presents. As a result, Turnabout has created The Center for Women's Recovery and The Center for Men's Recovery.

KEEPING PROFESSIONAL TREATMENT AFFORDABLE

Since 1970, we have had the opportunity to help thousands of women and men experience the miracle of recovery. With our staff's shared devotion to mission and diligent stewardship, we are able to keep our services affordable and accessible to the largest proportion of those in need. At Project Turnabout, we believe everyone deserves to live their dreams.

PROJECT TURNABOUT

CENTER FOR WOMEN'S RECOVERY

The Center for Women's Recovery offers women —ages 18 and older—a warm, safe environment for healing that offers respect and dignity, and celebrates empowerment. Recovery is reflected in the Center's art, decor and culture.

As a community, patients face sensitive issues that could create barriers to their recoveries, and learn strategies and tools to more effectively live life to its fullest. Depression, poor self-esteem, physical, sexual or psychological abuse, along with deficits in education or daily living skills, may be part of a woman's addictive history. More often these issues are too personal and sensitive to air in a mixed-gender environment.

CENTER FOR MEN'S RECOVERY

The Center for Men's Recovery is also located on our Granite Falls campus. Beginning with a strong, realistic personal treatment plan, the Center offers men— ages 16 and older—the tools necessary to begin their process of recovery and discover some of the barriers in their lives that may challenge them in the future.

Licensed professionals facilitate all programming, which includes individual, group and family therapy, as well as mental health, spiritual and physical fitness services. The men live, work and play as a community, sharing and learning the skills to live free of the grasp of alcohol and drugs.



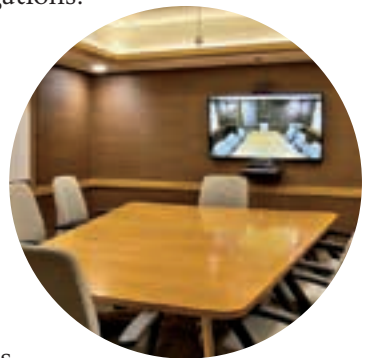


INTENSIVE OUTPATIENT TREATMENT PROGRAM

Outpatient programs are offered for women and men through our offices in Granite Falls, Marshall, Redwood Falls and Willmar, MN. Using the same care approach as our residential programs, patients participate in group therapy sessions, lectures, individual counseling, spirituality groups, family groups and 12-step support groups. The approximately eight-week program is offered daytimes and evenings to allow patients the utmost flexibility to continue meeting their family, educational and work obligations.

FAMILY RECOVERY PROGRAM

Project Turnabout believes families are integral to our patients' recoveries. Learning about the disease of addiction and being able to open up in a supportive, non-judgmental environment is vital to the recovery process. The Family Program helps both patients and family members build self-esteem and re-establish communication as they begin the road to recovery together. Family is so important to recovery that our Family Recovery Program is part of your loved one's treatment plan—not an add-on at extra cost.



Our Family Day video conference calls—the next best thing to being here.

MEDICAL & DETOXIFICATION SERVICES

Our Medical Services Unit and licensed detoxification services set Turnabout apart from most treatment centers. Our dedicated nursing staff provides professional, around-the-clock medical care, helping medically-fragile patients safely detoxify from chemicals, providing initial care and medical assessments for all admissions, and addressing the ongoing medical needs of our patients.

Recovery and Support Services

TRANSITIONAL OUTPATIENT TREATMENT SERVICES

Following completion of treatment, Turnabout offers ongoing treatment groups at our community offices to help patients return successfully to their homes and lives. Guided by a counselor, participants discover healthier ways to face daily challenges, learn skills to reconnect with family and community, and have a built-in support network.

TRANSITIONAL LIVING COMMUNITIES

While treatment happens through discovery, recovery happens through community. Our transitional living communities offer those in early recovery from alcohol, drugs or gambling a supportive place to settle in, go to school or re-enter the workplace—a starting point to again become responsible members of the community.

ALUMNI ONLINE RECOVERY SUPPORT

As patients return home, they are continuously connected to Turnabout via dedicated alumni Internet sites. They can blog and chat with alumni and staff, and find help to strengthen their recoveries.





HALFWAY HOUSE

In nearby Marshall, MN, Turnabout operates a longer-term residential facility for men offering structured programming daily, including group therapy, lectures, individual counseling, spirituality groups, family groups and 12-Step support groups. Responsibility in self-care and independent living skills are blended into each resident's recovery plan through apartment-style living arrangements. Program participation typically ranges from 60 to 180 days.

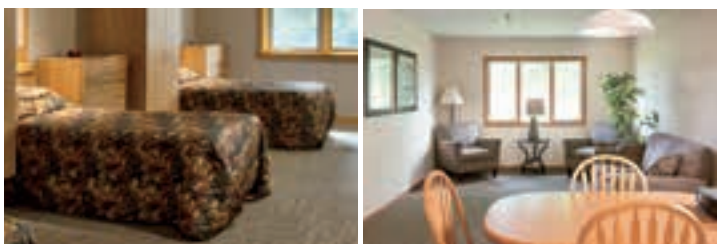
SOBER LIVING HOUSES

Turnabout operates two sober living houses in Willmar, one for women and one for men in early recovery. The homes offer inexpensive, temporary housing for up to one year. Residents are able to continue their recovery and learn the living skills necessary to rejoin the community safely and successfully, while enjoying the continuous support of other recovering individuals.



COMMUNITY EDUCATION SERVICES

Turnabout offers a host of community-based education and personal development programs and services, created in direct response to the expressed needs of the communities we serve. Through a range of prevention, education and treatment services, Project Turnabout is committed to addressing our community's needs for prevention and recovery.



Making the Call

Call us anytime—24 hours a day, seven days a week, every day of the year—1.800.862.1453.

We know how difficult it can be to pick up the phone. But it's the first step toward a life of freedom from addiction to alcohol or other drugs. When you do, an Admissions Counselor will answer all your questions, discuss your circumstances, gather medical information and review funding options. In one call, you will have a clear action plan which outlines the appropriate level of care required—and it's completely confidential.



Turnabout provides some of the most affordable treatment available. We will work with you to carefully review all payment options to ensure you are able to receive treatment. Some payment options may include private pay, insurance, state coverage or a combination. We are currently a licensed provider for the State of Minnesota, for most Minnesota health plans, and have worked with national insurers and health plans. We also work to provide partial scholarships to assist people with funding, as available. Lack of finances should never be a reason for not seeking help. Questions? Please call us.



Our devotion fuels our passion for excellence and continuous improvement. Project Turnabout has received the highest level of accreditation from the Commission on Accreditation of Rehabilitation Facilities International (CARF).

Project Turnabout

CENTERS FOR ADDICTION RECOVERY

Since opening our doors in 1970, we have witnessed the miracle of recovery in the lives of thousands of people and their families. Today, people from throughout Minnesota, across the country and around the world come to Project Turnabout to find help and hope for a life free from addictions to alcohol and drugs or compulsive gambling.

Today, with our recent expansion, Turnabout is one of the largest addiction treatment centers in the Upper Midwest. Yet we remain committed to



helping patients experience the life-restoring miracle, one patient at a time.

The disease is the same—addiction. Yet the challenges for treatment and recovery from compulsive gambling or alcohol and drugs can be dramatically different. The years we have invested in both areas of recovery have resulted in the emergence of our two distinctive and highly-regarded centers of excellence: The Center for Alcohol and Drug Recovery and The Vanguard Center for Gambling Recovery.



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ProjectTurnabout.org

