

# common ground

meeting you where you are.



there are options...

## The Process

### Confidentiality

Common Ground honors and respects the confidentiality of our clients. Federal regulations (CFR 42 and HIPAA) prohibit Common Ground from releasing any information without the specific written consent of the client. Clients are asked to sign releases that specify the type of information to be released, to whom the information is released, and a time frame for releasing the information.

### Payment options

Common Ground offers a full-range of payment options. We have in-network agreements with most insurance and managed care companies. With your permission, we will work with your insurance or managed care company to determine your benefits. In addition, we accept county and federal government sponsored payment programs. Payment arrangements are available for those obligated for co-payments or deductibles, and those who have no other means of payment. A sliding fee scale and/or scholarship option may be available for some clients.



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ground**

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507.281.0023

174 Main St, Suite B  
Winona, MN 55987  
507.453.0023

111 Hill Street, Suite A  
Red Wing, MN 55066  
651.347.6500

### Assessment

A confidential assessment is the first step in determining if further services are needed. The assessment begins with a short screening conducted over the phone by our staff to determine if our services can meet your specific needs. If not, you will be referred to a provider within the community that specializes in your particular situation. We will set up a time for you to meet with a counselor at Common Ground who will ask you a series of questions to determine what services may be right for you. In most cases, a recommendation will be made to you immediately after the assessment interview is concluded.

### Programs

Common Ground provides confidential substance use disorder rehabilitation services specifically designed to assist individuals in addressing issues and achieving self defined goals. We maintain the strengths of traditional treatment models, while also incorporating new techniques and approaches. Common Ground provides individuals with the support, knowledge and tools needed to enjoy a lifestyle free of alcohol and chemical misuse.

### Continued Care

Common Ground helps clients focus on making healthy changes to prevent future misuse of alcohol or other drugs. We work with clients to create a recovery plan and help put the plan into action by linking clients with the appropriate community resources.

# We Believe

Common Ground services are based on the belief that each individual has unique goals, needs and reasons for seeking our services. "Meeting you where you are" is not just a tag line. Common Ground will assist you in reaching your goals, and every person is treated with respect and dignity.

There are a variety of options available at Common Ground. Not everyone experiencing the consequences of alcohol or other drug use is dependent or abusing substances. Common Ground provides a professional referral to the least restrictive level of care indicated following a confidential assessment.

Psychological and emotional issues often contribute to the use and misuse of alcohol and other drugs. Common Ground provides assistance to those with dual disorders relating to mental health and substance use.

# Our Pledge

Common Ground is committed to developing a treatment experience unique to individual clients. We meet clients wherever they're at in their journey, using evidence-based practices in all programs, providing an experience complete with the education, coping strategies and community resources needed for successful and healthy living.

# Programs

## Individualized Treatment Plan

If you elect to begin a program with Common Ground, the first step is to create your "road map" and place you in a program that meets your needs. All treatment plans are based on your goals for treatment and reviewed by you with your counselor.

## Intensive Outpatient Treatment

Programs vary in length and may be offered in short, medium, and long term formats to meet the needs of the clients. We offer programs multiple days per week, in both the morning and the evening, to accommodate people with different schedule needs.

## Sober Housing Options

Our Rochester, Red Wing, and Winona locations offer FREE sober housing to men and women enrolled in the (IOP) program. Eligible residents will attend IOP for 15 hours per week for approximately 3 months. During their stay, residents will be supported by staff and will be encouraged to gain employment, attend school, and develop a network of sober support. Supervision and support is provided through counselors, Certified Peer Recovery Specialists, Registered Nurses, Care Coordinators, and Housing Coordinators.

# Hope (For the Concerned Person)

A Concerned Person is anyone who is worried about or affected by another person's use of alcohol or other drugs, whether they be a spouse, partner, parent, child, employee, or just a close friend.

Common Ground Hope program sessions are designed to offer education about options that help yourself and the individual you are concerned about.

## Peer Recovery Specialists

Common Ground has certified peer recovery specialists on staff to help bridge the gap of services provided in the community. CPRS are people who have lived experience with recovery and provide non-clinical recovery support to their peers to include:

- remove barriers to recovery
- connect peers to recovery resources that target their strengths and interests
- provide emotional support

## Dual Diagnosis Counseling

Dual Diagnosis Counseling assists clients in addressing issues relating to co-occurring disorders. All Common Ground groups address these concerns and make appropriate referrals to mental health professionals when needed.



*"If nothing changes...  
nothing changes"*  
- anonymous

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