

Zumbro Valley Health Center
29 7th Street NE **343 Woodlake Drive SE**
Rochester, MN 55906 **Rochester, MN 55904**
(507) 289-2089
www.zvhc.org

Partners /PREP - An integrated approach with a single treatment plan for substance abuse & mental health.

Recovery Basics - Teaching the physical effects of the substance and the benefits of abstinence.

Women's Way - Unique gender specific treatment improving relationships, boundaries & self-care.

Right to Recovery - Focused on improving the quality of life by reducing substance abuse.

The Gables
(Women Only)
604 5th Street SW
Rochester, MN 55902
(507) 282-2500
www.gableshome.info

The Gables is a treatment facility for adult chemically dependent women.

The Gables specializes in all levels of care: primary, extended, and halfway house. Additionally, the Gables offers a family program component, relapse prevention, and continuing care plans at the time of discharge.

The Gables' goals are to nurture and treat the whole woman; mind, body, and spirit.

Common Ground
1027 7th Street NW Suite 207
Rochester, MN 55901
(507) 281-0023
www.commongroundmn.org

Common Ground is an outpatient treatment center that offers confidential assessments. The programs offered include a DWI class, chemical health education class, gender specific groups, brief treatment, relapse prevention, and traditional outpatient treatment. Common Ground meets clients where they are at, involve them in the treatment planning process, and work towards a healthier lifestyle. 1027 7th Street NW, Rochester, MN 55901 (507)281-0023

EmPower CTC
602 11th Avenue NW
Rochester, MN 55901
507-292-1379
www.empowerctc.com

All programs address co-occurring disorders working with both chemical health and mental health issues.

Primary Outpatient Treatment Groups

Day Men's Group 9:30 a.m. – 12:30 p.m. Tuesday, Wednesday, Thursdays

Day Women's Group 9:30 a.m. – 12:30 p.m. Tuesday, Wednesday, Thursdays

Evening Men's Group 6:30 p.m. – 9:30 p.m. Monday, Wednesday, Thursday

Relapse Prevention Focused Groups

Day program 9:30 a.m. – 12:30 p.m. Monday and Thursdays

Evening program 5:30 p.m. – 8:30 p.m. Monday and Wednesdays

Both programs include several individual sessions as well

Mental Health Services: Psychological/mental health assessments, individual counseling

Fountain Centers in Rochester
4122 18th Ave. N.W
Rochester, MN 55901
507-252-0818
www.fountaincenters.org

Fountain Centers, a Mayo Clinic Health System program for substance abuse and addiction, has been helping individuals and families recover for 40 years. Our services include adult day and evening intensive outpatient meetings Monday, Tuesday, and Thursday with options to accommodate busy family and work schedules. Group day hours are 9:30 a.m. to 12:30 p.m. and group evening hours are 5:30 to 8:30 p.m. Adolescent outpatient services are available Mondays and Thursdays from 3:30 to 5:30 p.m. The services we provide are based on the client's needs and individual counseling and family services are an important part of the program.

Pathway House
613 2nd Street SW
Rochester, MN 55902
(507) 287-6121
www.pathwayhouse.org

Minnesota Adult and Teen Challenge
1530 Assisi Drive NW
Rochester, MN 55901
(507)288-3733
www.mntc.org

Minnesota Adult and Teen Challenge offers both a short-term (20-90 days) integrated, co-occurring substance treatment and mental health service program (called Life Renewal) and a long-term (12-15 month) faith-based recovery residential program (called Life Care) open to adult men with life-controlling addictions. Family Program Services and Aftercare Program Services are offered as well. Some private insurance is accepted and Consolidated Treatment Funding (Rule 24/25) available to those who qualify.

Rochester Metro Treatment Center
2360 N. Broadway
Rochester, MN 55901
(507) 282-0142

Rochester Metro Treatment Center (RMTC) is an outpatient medication assisted treatment program treating patients with opioid/opiate addiction with the use of buprenorphine or methadone. Individual counseling is required and treatment groups are offered 6 days per week. Business hours are from 5:30 a.m. – 2:00 p.m.