

Wellcome Manor Family Services is a residential chemical dependency treatment center for women. Although this is a chemical dependency service designed expressly for women, mothers seeking to access treatment services may bring their children to reside with them while they attend treatment. The program offers a unique opportunity for women, including pregnant women, and mothers of dependent children to address chemical dependency issues, mental health issues and parenting issues simultaneously. Through ongoing assessments and data collection the program has been designed to look at all three of these areas, assess each clients' assets and liabilities in each of these areas as well as identifying and addressing problems in the relationships of them. The result is a holistic, comprehensive program that reaches beyond treatment and into prevention.

Each client receives a chemical health assessment from counseling staff and a mental health assessment from a mental health therapist.

A personalized treatment plan is then generated from the combined input of the counselor and therapist. Mothers receive a personalized parenting assessment and parenting plan designed by a Parenting Coordinator. Great emphasis is put on team approach with continuous reassessment and treatment plan modification. A Dialectical Behavior Therapy (DBT) theme is used in all aspects of programming with a recognition most clients have been subjected to various forms of trauma. Many clients have been subject to trauma as adults. Many have also experienced multiple or chronic adverse events in childhood (such as neglect or abuse) which often leads to disruptions and complications in development and issues in the areas of attachment (and interpersonal relationships), affect regulation, behavioral control, and identity, a phenomenon researchers have referred to as "complex trauma." Treatment strategies are directed by this knowledge.

Children are not forgotten. We recognize the impact addiction has on the children as well. While the mothers attend programming the children attend our on-site State licensed daycare staffed by licensed teachers

and aides. Wellcome Manor also offers Parent-Child Interaction Therapy (PCIT). PCIT offers two phases consisting of restructuring the parent-child relationship, providing the child with a secure attachment to his or her parent then establishing consistent contingencies for the child's behavior. Developing effective coping skills for regulating emotions and behaviors may prevent the child later in life from turning to drugs and alcohol, thus breaking the cycle of addiction.

Phase I: All clients enter into Phase I upon admission to Wellcome Manor Family Services. This is high intensity treatment consisting of over 40 hours of programming per week. Chemical dependency issues, mental health issues, and parenting issues are assessed and addressed. Treatment is individualized to meet the client's distinctive needs. Typical duration for Phase I is from 60 to 120 days.

Phase II: Phase II is medium intensity treatment for clients who have completed Phase I of WMFS program and need longer term treatment. Clients begin to integrate and utilize community services as well as continue to address issues identified in Phase I. Internal programming includes over 20 hours per week. Duration may be 30 to 90 days. Weekend and day passes are considered on therapeutic merit only. Clients may have a vehicle in Phase II and are able to research school or employment but programming does not allow enrolling in these activities. Space is limited in the Phase II program.

WMFS works extensively with halfway houses and transitional housing agencies to find appropriate and supportive housing for clients completing the program.

Wellcome Manor is located in Garden City, MN approximately 10 miles south of Mankato, MN. Nestled in the bend of the Watonwan River, Wellcome Manor provides a quiet comfortable setting for families to recover.

FEATURES:

- Individualized Treatment Plans
- DBT Based Treatment Model
- On-Site Licensed Daycare
- Parenting Education
- Family Programming
- Health assessments completed by on-staff Registered Nurse
- Parent-Child Interaction Therapy (PCIT)
- Psychological Assessment and Therapy
- Individualized Therapy Sessions
- 12-Step Education
- Multi-Faceted Educational Groups
- Women's Issues Groups
- Therapeutic Recreation
- Expression through many forms of art
- Medication Management
- Group Therapy Sessions

Wellcome Manor
Family Services



Healing Relationships Through Recovery

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