Step Two: Identify your funding source to pay for treatment. Whether you are on Medical Assistance like a PMAP, have private insurance, or no insurance, the contact at your chosen center will help you get a plan together.

Step Three: Once your funding is in place you will work with your treatment center contact to identify an intake date. It is of utmost importance to get you into treatment as soon as possible to reduce the risk of returning to use. Your health and safety is key.

WE ARE HERE TO HELP



This guide was created and funded by the Ramsey County OPUS Coalition, a Drug Free Communities grantee.

To learn more, please visit our website:

OPUSCOALITION.ORG

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

MARIA ROBINSON

STEPS TO GET TREATMENT

Do not hesitate to reach out to these MN resources. There are hundreds of people waiting and wanting to help.

Step One: Get a comprehensive assessment or Rule 25 through your county of residence or the treatment center you would like to go to. Assessors will then assis you with the treatment referral and placement process.

Ramsey County residents, call for questions about obtaining an assessment, treatment and payment resources: 651-266-4008.

COMMUNITY RESOURCES

Mn Adult & Teen Challenge

Substance Use Treatment & Recovery Programs 612-FREEDOM | mntc.org

Options Family & Behavior Services

Mental Health & Substance Use Treatment 952-564-3000 | optionsfamily.com

Drew Horowitz & Associates

Intervention & Addiction Recovery Services 800-731-0854 | drewhorowitzassociates.com

Bold North Recovery & Consulting

Peer Recovery Services, Counseling & Advocacy 763-200-1180 | boldnorthrecoveryandconsulting.com

Steve Rummler HOPE Network

Overdose Prevention 952-943-3937 | steverummlerhopenetwork.org

Restoration Counseling & Community Services

Mental Health & Substance Use Treatment 612-767-6601 | rccsprograms.com

Thrive Family Support

Family Support Services 844-349-2911 | thrivefamilysupport.org

Nystrom & Associates

Mental Health & Addiction Counseling 651-628-9566 | nystromcounseling.com

NUWAY

Recovery Residence & Treatment 612-767-0309 | nuway.org

National Domestic Violence Hotline

Domestic Violence & Sexual Abuse 1.800.799.7233 | thehotline.org