



## **About Mn Adult & Teen Challenge**

### What is the mission of MnTC?

Our mission is to assist teens and adults in gaining freedom from chemical addictions and other life controlling problems by addressing their physical, emotional and spiritual needs.

### What type of programs does MnTC offer?

Mn Adult and Teen Challenge offers a wide range of treatment and recovery programs for adult men and women, and for teens. Not all programs are available at every location. We provide out-patient services, short term licensed residential treatment, programs for co-occurring substance use/mental health needs, and long term residential recovery and aftercare. Clients range in age from 14-75 years. Over 3,200 clients received services in 2016.

- Short-term Licensed Treatment (Rule 31) – Out-Patient and Residential Options – 7-90 days; faith-based track available upon request
- Long-Term Recovery – 12 month faith-based residential program
- Mental health services – address co-occurring disorders such as anxiety, depression, PTSD, etc.
- Aftercare | Transitional housing | Leadership training
- Prevention program targeting MN youth in grades 6-12, with corresponding parent and community education forums
- MN Locations: Minneapolis, Brainerd, Duluth, Rochester, Buffalo (teen boys center)

### What ages do you accept into your treatment programs?

- Clients in MnTC programs range in age from 13-75 years old.
- All MnTC programs are open to those 18+.
- Males and females 16+ may be admitted into licensed (short-term) treatment programs.
- Women's residential programs are available in Minneapolis and Rochester campuses only.
- Men's residential programs are available at all campuses.
- Lakeside Academy accepts only boys, age 13-18 years old.

### Is Minnesota Adult & Teen Challenge open to all faiths and backgrounds?

Yes, our programs are available to all people regardless of race, color, creed, religion, national origin, sex, age, disability, marital status, sexual orientation, or public assistance status.

- Clients do not have to be Christian to attend or to graduate from our programs.
- Our long-term residential recovery program is a faith-based program.
- Our licensed treatment programs offer an option for faith based curriculum

### How long does the application process take? How quickly can I be admitted into your program?

The application process typically varies from within 24 hours up to 2 weeks depending on details of the specific case, and the time it takes to verify insurance or other documents, etc.

In processing each application we consider:

- Willingness to participate in the program/interest in making significant life changes
- Mental health status/mental health medications
- Medical conditions/prescribed medications
- Legal status, past and present
- Existence of outstanding warrants
- Funding eligibility
- Level of care required
- Location or residency

#### How do I apply to MnTC?

There are several ways to apply to an MnTC program, including:

1. Call the Admissions Department at 612-FREEDOM (612.373.3366) and dial 1 for Admissions. An Admissions specialist will gather demographics and schedule an insurance chemical health assessment or eligible county chemical health assessment at MnTC or refer you or your loved one to your county social service agency to get a Rule 25 (chemical health evaluation).
2. Schedule a Rule 25 assessment at your Minnesota County Social Services office and have them fax the results to admissions at 612.823.4913
3. Those in jail or prison may complete an application by asking for one from the Corrections Liaison, Admissions Department, or Jail Programmer
4. Applications can be hand delivered or completed in our admissions lobby located at 3231 1st Avenue S, Minneapolis, MN 55408. Lobby Hours are M-F from 8am-4:30pm
5. Applications may also be faxed to our Admissions Department 612.823.4913 or mailed to MnTC at 740 E. 24th Street, Minneapolis, MN 55404

#### What if my friend/loved one doesn't want to go to MnTC or they don't think they have a problem? Do you give advice on interventions? Who do I call??

- MnTC is a voluntary program and is not a lock-down facility. The client needs to want to be here.
- Clients need to admit they have a problem and want help. Although we cannot give advice on what to say to a loved one, we do recommend that you speak the truth with love, care and concern and NOT in condemnation or criticism.
- MnTC does not conduct interventions. These resources may be of help:
  - Interventionists: AIR 1-800-561-8158; Marc Hertz (651)294-2341 or (888) 635-7078; Phoenix Process Consultants (952)922-8822; Deb Scheide (612)309- 1966; Michael Lewis (612) 961-0068
- If your loved one is suicidal or mentally unstable, please take the situation seriously and direct them to the psychiatric and mental health professionals at the hospital, or call 911.

#### What type of insurance is accepted by MnTC?

- Most insurance providers are in network
- Clients cannot use Tri-care to pay for treatment
- Clients cannot use Medicare to pay for treatment; however, if clients do not have a supplemental insurance and are under the county income guidelines, they may qualify for county funding
- If a client has an eligible supplemental insurance, they may use this to pay for treatment
- Clients cannot use Medical Assistance to pay for treatment. However, if the client is eligible for Rule 25 without the supplemental insurance, clients may use their county funding for treatment

Does MnTC take clients on Rule 25 from the County?

Yes. You may go to the County you reside in, if you qualify for assistance, and have an assessment completed there. MnTC will require a copy once Inpatient/Residential treatment is recommended and

How do I apply for County funding?

- Call the Admissions Department to start your process. We can help by giving you the phone number for your County Social Service Department (Available to Minnesota residence only).
- Short Term Licensed Treatment program (7-90 days): Schedule an appointment in your county for a Rule 25 assessment and application for Consolidated Chemical Dependency Treatment Funds (CCDTF).
- Adult Long Term Residential Recovery Program (12-15 months): Schedule an appointment to apply for cash assistance, medical assistance, and Group Residential Housing funds (GRH).
- \*Please Note\* – Most Counties require a Rule 25 assessment even though you are not going to Licensed Treatment before you can apply for GRH funds.
- Male Teens: 13-17-year-olds enrolled at Lakeside Academy will pay for tuition monthly. No GRH funds are available for those under 18.
  
- you specify MnTC as your treatment provide. Please have the Rule 25/CD assessment faxed to 612-823-4913 ATTN: ADMISSIONS (or your Specialist's name, if you know it).

What is the cost of your program?

During the Admissions process we will review each client's specific situation; however, the following information provides some general guidelines.

- If you have insurance coverage, most insurance providers will pay for at least a portion of licensed treatment and mental health treatment services.
- Some clients are eligible for State or County funding for our long term residential recovery and licensed treatment programs
- For our long-term residential recovery program, the cost is \$891 per month for self-pay clients. Financial assistance may be available based on your specific needs.
- Cost for mental health services varies by per provider.

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