

Great Lakes Recovery Centers is a 501 (c) 3 organization that provides behavioral health services, residential and outpatient substance abuse programming, prisoner re-entry services, trauma assessments, prevention services, peer recovery and much more.

MISSION:

to empower recovery
through **hope**
and **change**

Core Values:

We value:

- ◆ caring, respect and empathy for all persons
- ◆ a commitment to our clients' recovery
- ◆ a strength-based environment for ourselves and our clients
- ◆ dependable, trust-based relationships
- ◆ service to our communities
- ◆ the quality of life through relationships
- ◆ a strong and dependable work ethic
- ◆ continuation of our mission

Great Lakes Recovery Centers is a non-profit, non-denominational, 501 (c) 3 corporation. Funding comes from a variety of sources. GLRC is a partner agency with the United Ways of Marquette County and the Copper Country United Way.



LOCATIONS

GLRC has 11 Outpatient Offices and 4 residential facilities across the Upper Peninsula.



For more information about the services at any of our locations, call the Access Center at (855) 906-GLRC (4572) or (906) 228-9696.

www.greatlakesrecovery.org

Great Lakes Recovery Centers is licensed by the State of Michigan and accredited by CARF (Commission on Accreditation of Rehabilitation Facilities). We are also HIPAA (Health Insurance Portability and Accountability Act) compliant. GLRC actively protects the confidentiality and privacy of our clients.



Great Lakes Recovery Centers

Behavioral Health Services

Adult Residential Services



Creating Healthy Communities One Person at a Time



Adult Residential Services

Adult Residential Services is a barrier-free, fully accredited treatment center serving both male and female clients eighteen and older. We have been offering quality Substance Use Disorder treatment and relapse prevention services since 1973. Clients live and work together in a supportive environment, with separate wings for men and women.

Individual Treatment

Our counselors begin by helping each client pinpoint important issues related to their addiction and life history. At the same time, clients identify their personal strengths, support systems and other resources they'll need for a successful, long-term recovery. By using the gathered information, clients and counselors work in collaboration to develop appropriate, realistic goals for each individual.

Group Therapy

Group therapy sessions are facilitated by qualified staff members and conducted daily. During these sessions, clients focus on acquiring new living skills and learning to put them into practice. Some of the group programs include:

- ◆ 12 Step Study Group
- ◆ Acceptance & Commitment Therapy
- ◆ Anger Management
- ◆ Dialectical Behavioral Therapy (DBT)
- ◆ Family Interactions
- ◆ Intensive Relapse Prevention
- ◆ Life Skills Development

- ◆ Living in Balance
- ◆ Men's & Women's Support & Processing
- ◆ Physiology of Addiction
- ◆ Thinking for a Change
- ◆ Vocational Education

Recreational Therapy

Healthy exercise is an essential part of a well-rounded recovery. Residents are encouraged to play volleyball, basketball, horseshoes, hike or just stroll along Lake Superior, which is two blocks away. We also offer women's yoga to exercise a healthy spirit and body.

Community Involvement

We believe in the healthy effects of giving back to the community and helping others. Our clients participate in a wide variety of civic and charitable activities during treatment.

Continuing Care

Clients often arrive with serious medical issues. On-site consultations and exams are conducted regularly by our affiliated physicians.

Transition Planning

From the first day of treatment, residents are planning for their return home. Our goal is to help everyone obtain access to the care and assistance they'll need, including employment, housing, family support and follow-up medical and/or behavioral health services.

OTHER SERVICES

Great Lakes Recovery Centers offers a wide variety of services. Some of these services include:

- ◆ **Crisis Mental Health Screenings** — GLRC staff provides Mental Health Screenings in two Upper Peninsula hospitals.
- ◆ **Mental Health First Aid (MHFA) Initiative** — GLRC coordinates with MHFA Instructors to offer MHFA courses across the Upper Peninsula.
- ◆ **Offender Success** — GLRC works with returning parolees in the Upper Peninsula to assist with transition back into the community.
- ◆ **Peer Recovery** — Specialists who share lived experience help others by reducing barriers towards recovery.
- ◆ **Prevention Services** — GLRC coordinates Communities That Care in four counties in the Upper Peninsula and teaches Botvin's Life Skills classes at several schools.
- ◆ GLRC facilitates **Suicide Prevention Action Teams** in two Upper Peninsula communities.
- ◆ **Trauma Assessment Services (LUNA)** — GLRC provides for a comprehensive multi-disciplinary trauma assessment for children ages 2—17.
- ◆ **Veteran's Services** — GLRC offers weekly support groups for veterans, as well as residential access.

Sue B's House

Located in Marquette, MI, Sue B's House is an 8-bed facility for women who are beginning their life of recovery. The program requires women to participate in outpatient counseling and community support groups. Staff are available to help residents with job searches, school and housing applications, medical and legal help and much more.

