

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**

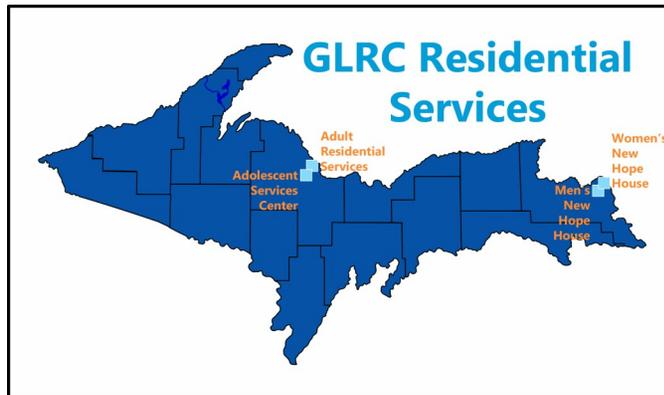
Core Values:

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

LOCATIONS

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



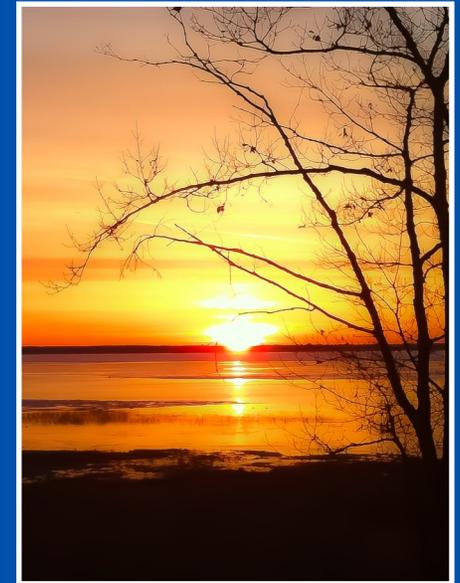
For more information about the services at any of our locations, call the Access Center at (855) 906-GLRC (4572) or (906) 228-9696.

www.greatlakesrecovery.org

Great Lakes Recovery Centers

Behavioral Health Services

Women's New Hope House



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.



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.



Creating Healthy Communities One Person at a Time



Women's New Hope House

Located in Sault Ste. Marie, Michigan, Women's New Hope House has been providing quality substance abuse care since 1988. Clients are empowered to link with community resources and develop problem solving and skill building strategies. Life at Women's New Hope House is safe, encouraging and supportive. Clients share meals, group therapy, daily chores and recreational activities. The house accommodates 15 to 18 women. Rooms have a cozy, home like feeling.

Family Program

Specially furnished suites accommodate clients with dependent children (up to age 11). During the academic year, busses transport clients' school-age children to and from school and on-site care is provided for younger children while their mothers are in groups. Parenting classes are offered to mothers with children of all ages. We work to connect clients with necessary services including OB/GYN and pediatric referrals, WIC, DHHS, vocational services and more.

Individual Treatment

Each resident is assigned a counselor who provides one-on-one services and meets frequently with them throughout their stay. Counselors help residents identify their personal strengths and establish/maintain support systems they will need in order to live in recovery. With guidance from their counselors, clients pinpoint areas of concern relative to their addiction and life history.

Group Therapy

Group therapy takes place every day of the week. Clients focus on learning and putting into practice effective life

and recovery related skills. Some of the group programs include:

- ◆ Dialectical Behavioral Therapy (DBT)
- ◆ Emotional Management Processing
- ◆ Life Goals Group
- ◆ Life & Communication Skills Development
- ◆ Motivational Enhancement
- ◆ Relapse Prevention
- ◆ Seeking Safety
- ◆ Women's Health Group

Continuing Care

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

Transition Planning

We help to connect clients with the support services that they'll need when they return home. Recovery meetings, employment and house services, family support groups and health services are all necessary to continue down the path to recovery after returning to the community. While in treatment, many of our clients are busy seeking employment and/or housing, dealing with court/legal obligations, restoring their credit, regaining custody of children, addressing health related issues and much more.

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.

Social Detoxification

We offer specialized services to medically stable clients as they withdraw from alcohol or drugs. Clients receive intensive individual attention and counseling, medication management, step down care and transition planning.

