

# Refer a Client to Arbor Place

We'll Walk the Path  
to Recovery Together

*Finding hope &  
wholeness beyond  
substance abuse  
and mental health  
disorders.*



ARBOR PLACE

# Guiding the Path to Recovery

## Programs Designed To Fit Unique Journeys

Every person has a different background and different needs. We approach our patients with individuality and offer a wide spectrum of services that range from intensive residential programming to outpatient counseling services. Your client is unique and we have the programs and the professionals to guide them to help.



## Residential Treatment

An intensive level of care for those struggling to maintain sobriety in their current environment or have been unsuccessful managing substance use recovery with outpatient services.

Residential Treatment is our highest impact program designed for individuals needing intensive support for challenges around substance abuse, multi-drug disorders, and mental health disorders.

This program is a 24-hour, peer supported therapeutic environment designed to address the underlying life issues contributing to an individual's disorder. Our team of multidisciplinary professionals monitors and treats patients with a variety of services which can include group therapy, individual counseling, family programming, medication management, and case management.

- Address Substance Abuse.
- 24-Hour Professionally Supported Environment.
- Experienced Multidisciplinary Team.
- Therapy and Medication Management.



### **40+ Years of Making Recovery Possible**

Working with thousands of clients, we've seen everything. We make recovery from drugs, alcohol, and mental health disorders possible.



### **There Is Hope For Everyone**

No one is too far gone. We have learned to believe in everyone because we've guided lost individuals to one breakthrough after another.

## Day Treatment

A level of care for substance use disorders blending intensive therapy into daily life. For those who have a safe home to return to and life responsibilities to manage.

Day Treatment has similar program elements as Residential Treatment except that patients come to Arbor Place for daytime programming and then return to their home in the evenings. This format supports individuals who need an intense level of treatment but have to manage work or family at the same time.

Programs that are a part of Day Treatment include: individual counseling, group therapy, educational groups, case management and more.

- Address Substance Abuse Disorders and Mental Health Issues.
- Programs Offered Monday – Saturday.
- Full Team of Professional Support.



### Daytime Programming

Services provided 8 am – 4 pm  
Monday through Friday and  
Saturday mornings.



### Blend Intensive Treatment Into Everyday Life

For those needing treatment  
who are not able to take as  
much time away from work or  
family responsibilities.

## Outpatient Treatment

A low intensity program for mental health and substance use disorders. It is a tailored combination of programming that best fits an individual's needs. Services are available in Menomonie and River Falls, WI and include less than 12 hours of programming per client per week.

Outpatient services include individual counseling and psychotherapy, brief intervention, evaluation and assessment, medication management, recovery coaching, and group therapy.

- Address Substance Abuse and Mental Health.
- Available in Menomonie and River Falls, WI.
- Less than 12 Hours of Programming per Week.
- Low Intensity Program.



### For Those Needing Flexibility

Fewer hours of programming  
to fit schedules needing more  
flexibility or issues that have  
lower severity.



### Popular Starting Point

A great starting point for  
someone needing treatment  
and can lead to further  
programming.





**For over 40 years, caring professionals at Arbor Place have provided a starting point to recovery.**

## Multidimensional Family Therapy

A program that offers a family centered approach for youth with problematic behaviors. It provides a collaborative pathway to addressing key challenges in an adolescent's life.

Multidimensional Family Therapy (MDFT) helps the individual address life challenges and problematic behaviors with their families. It is a unique, integrated approach to address youth problem behaviors including substance abuse, aggressive behavior, delinquency, school and family problems, and more.

To address long-term change, MDFT promotes multiple facets including issues within the adolescent and within the parents in how they relate to their children.

- Address Life Challenges for Ages 14 - 25.
- Focus on Behaviors and Substance Use Disorders.
- 97% Completion Rate.
- 42% Reduction in Drug/Alcohol Use.



### Family Approach

With family support, this therapy improves a youth's or young adult's coping, decision making skills and enhances family life.



### Evidence Based

30 years of research and results showing to reduce substance use, decrease delinquency and violence, and improve grades.





## Prevention Services

An important part of Arbor Place's mission is to positively contribute to the prevention of substance use and mental health disorders in the communities we serve.

Arbor Place Prevention Services are designed for individuals who are engaged in high-risk behaviors such as tobacco use, drinking or using other drugs, or who may be involved in other behaviors that increase risk for future problems.

These programs utilize an evidence-based curriculum to help participants explore the reasons they chose to use alcohol and other drugs, examine the effects of use on their lives, and learn to make healthy choices. Supportive resources are made available for participants who decide to quit tobacco or alcohol.

- Alcohol and Tobacco Programs are Available.
- Fulfill Conviction Requirements.
- Offered Several Times per Year.



### **Tobacco Diversion Program**

The tobacco diversion program is a 4-hour class that addresses new trends including vaping and e-cigarettes.



### **Alcohol Awareness Program**

Attendance of entire program is required for compliance. Programming utilizes the evidence-based curriculum of Prime for Life.





## How Sheli Beat Meth

**“Meth brought me to a whole other world and I became a hopeless unkempt person.”**

When Sheli first came to Arbor Place 17 years ago, recovery wasn't her choice. In fact, she wouldn't even admit she needed help.

Sheli was offered methamphetamine for the first time in 2001 by an old boyfriend. In her own words, meth “brought me to a whole other world and I became a hopeless and unkempt person.” Her relationship with meth lasted about 15 months until she was sent to jail with 9 felonies.

Her probation officer had her enrolled in Outpatient Treatment at Arbor Place and within two weeks, she realized she had a real problem and felt ready to embrace the whole journey of recovery.

After Outpatient Treatment, Sheli was enrolled in full on Residential Treatment where she later walked through the doors of Arbor Place exclaiming, “I am back!” Sheli was ready to do whatever it took to move her life forward no matter what.

To this day, Sheli looks back and she remembers that Arbor Place “...continuously supported me. They didn't give up on me no matter how hard it was, even

when I was in denial. They always checked in on me and it was all about the support. I felt completely supported by staff. I did not feel sympathy, I felt empathy. It meant a lot that they had people who were clean/sober from recovery in recovery positions.”

**“They didn't give up on me no matter how hard it was, even when I was in denial.”**

After recovery, Sheli had a court appearance and asked if she could approach the judge. She thanked him and the entire sheriff's department for the time she spent in jail and for allowing her to have treatment services.

Sheli is now 13 years sober of all drugs and alcohol.

**“ This is where I started a new me ”**







# Common Questions

## ARE ARBOR PLACE PROGRAMS AND STAFF LICENSED?

Yes, we are licensed by the State of Wisconsin Department of Health Services to provide: primary residential treatment, transitional residential treatment, day treatment, substance abuse and mental health outpatient, and our prevention service. Our clinical staff is comprised of clinicians with the following credentials: Substance Abuse Counselors, Licensed Professional Counselors, Psychologist, Prevention Specialists, Licensed Social Workers, and Advanced Practice Nurse Prescriber.

## WHAT FUNDING OPTIONS ARE AVAILABLE TO MY CLIENT?

We work with every patient to determine funding options that are available to them. Services are usually paid for by a combination of insurance, self pay, or public assistance and we will navigate the healthcare payment system so your client can focus on getting well.

## IS ARBOR PLACE A DUAL-DIAGNOSIS FACILITY?

Our residential and day treatment programs are designed to treat primary substance use disorders. However, we have been increasing our capabilities to include the treatment of mental health disorders by pulling in our mental health clinicians into an individual's programming. This includes individual sessions and groups facilitated by our mental health clinicians.

Often substance abuse can go hand in hand with mental health issues and when both are addressed

concurrently, chances of establishing a successful recovery have been found to be higher.

## DO YOU USE MEDICATIONS IN YOUR TREATMENT METHODS?

When appropriate, medications are explored as a part of a comprehensive treatment program. We have a Nurse Practitioner on staff two days a week who is able to work with our patients on medication management for both residential and outpatient clients.

## WHAT IS YOUR REFERRAL PROCESS?

There are three ways you can submit a referral to Arbor Place: (1) Visit us online at [ArborPlaceInc.org/Referrals](http://ArborPlaceInc.org/Referrals); (2) email us at [info@arborplaceinc.org](mailto:info@arborplaceinc.org); or (3) call us at 715-227-6494. We pride ourselves on making the process as quick and easy as possible. It really is that simple.

## HOW MUCH DOES TREATMENT COST AT ARBOR PLACE?

Each treatment service or program has a fee schedule. Please contact us to find out the cost of a specific program.

## WHICH PROGRAM SHOULD MY CLIENT ENROLL IN?

We have a full spectrum of services available for different situations. Contact us to discuss what program would be the best fit.





## Payment Options

We work with each patient to determine the funding options that are available to them. We work with dozens of insurers and public agencies every single day and navigate the complex healthcare system so your client can focus on getting well. Most services are usually paid with a combination of insurance, self-pay and public assistance.

**If you or your client has questions about how to pay for services, contact us today.**

- Aetna
- Alliance
- Anthem
- Aspirus Arise
- Badgercare / Forward Health / Wisconsin Medicaid
- Blue Cross Blue Shield
- Cenpatico
- Comprehensive Community Services (CCS)
- Compcare
- Empathia EAP
- Group Health Cooperative of Eau Claire
- Inclusa
- Health Partners
- Minnesota Consolidated Funds
- Mayo Clinic Health Solutions
- Medica / UBH
- Multi-Plan
- Preferred One
- Private Pay
- Security Health
- Sowing Seeds of Hope
- Theda Care EAP
- United Healthcare
- WPS
- WEA
- Wisconsin County and Tribal Systems

*I still tell my counselors, "Thank you," and want to hug them even 17 years later. This is where I started a new me.*





## Next Steps

1

**We'll make contact with your client.** If we need any clarification, we'll reach out to you and then connect with your client to provide help as quickly as possible.

2

**Figure our funding.** The healthcare system is confusing. We'll advocate for your client to figure out available options and get them on the path to wholeness.

3

**Begin the journey to recovery together.** We've walked the road to successful outcomes hundreds of times. It's the reason we exist and we'll provide a mountain of support because they're a part of our family now.

## 3 Ways to Refer



[arborplaceinc.org/referrals](http://arborplaceinc.org/referrals)



715-227-6494



[info@arborplabceinc.org](mailto:info@arborplabceinc.org)





# How Arbor Place Helps

**We believe in fresh starts.** We believe there is hope no matter how lost someone feels. Our goal is to provide a variety of options that meet people where they're at and lead to recovery from mental health and substance use disorders.



**Evidence Based  
Programs**



**Facilities That  
Feel Like Home**



**Outdoor Spaces  
Designed for Healing**



**Team of Licensed  
Specialists  
Who Never Give Up**

## Talk With Someone Today

**715-227-6494**  
[info@arborplaceinc.org](mailto:info@arborplaceinc.org)

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