



# WINGS

Adolescent Recovery Services



*“A path to a brighter future”*

*Client Testimonial*

*WINGS was my potting soil so I could start to grow my roots.  
And now I am a strong tree.*

1326 East Ripley St

Litchfield, MN 55355

Phone (320) 593-0440 Fax (320) 593-0442

Referral Fax: (320) 316-2383

[www.wingsats.com](http://www.wingsats.com)

## OUR MISSION

Wings is dedicated to empowering youth to regain control of their lives by helping each individual unlock the strength, resilience, and capability within themselves.

## OUR VALUES

- Treat every person with kindness, dignity, and respect.
- Be of service to individuals, families, and communities.
- Strive for excellence in all we do.
- Remain open to innovation.
- See people for their strength, resilience, and courage.
- Invest in people and believe they can make a difference.

### *Client testimonial*

*This place gave me a second chance to change my life around and taught me so much . I love everyone who supported me staff, peers etc. you guys have made a big impact on me I wouldn't be me if it wasn't for Wings . Like honestly you guys show how much you care for each person that comes in and it's really welcoming :) I miss being there and hope to share sometime Wings keep being awesome and have a good day.*



## We are in-network with the following:

- **Blue Cross and Blue Shield (Private and PMAP)**
- **Health Partners (Private and PMAP)**
- **PrimeWest**
- **South Country Health Alliance**
- **UCare**
- **IMCare**
- **MA/Direct Access/BHF**

### *Client Testimonial*

*Wings is a truly amazing treatment center. I went to Wings when I was 14 years old after going to two other treatment centers I have to say Wings change my life the caring staff and the amazing program truly changed my mindset and my outlook on life I would recommend Wings to anybody who is struggling with addiction I am thankful everyday for the things I learned from the counselors and the staff they really care and want better for you and your life. 5 years later I am in an amazing place in my life and I have to think Wings for showing me it's possible.*



## SCHOOL

Wings contracts with MAWSECO (Meeker and Wright Special Education Cooperative) for providing Wings residents an opportunity to receive onsite in person learning. MAWSECO provides traditional educational services from September through May. MAWSECO also provides credit recovery in the summer months.

Residents receive 3.5 hours for classroom learning each school day. All residents will receive elective credits for participation in Wings therapeutic group, lectures and recreation. This structure allows all Wings residents to receive the credits needed to keep up or even catch up on school credits while participating in the program.

Inquiries and requests regarding school records can be made by contacting MAWSECO at 612-666-4710.



## ABOUT US

Wings provides co-occurring (substance use and mental health disorders) residential care to adolescent residents (age 13-18) and their families. Wings is an ASAM 3.5 level of care program providing clinically managed 24 hour care. Wings provides medical care through on-site nursing. Wings utilizes a Medical Director to oversee client and program medical needs.

Wings strives to deliver the highest degree of service with the greatest degree of integrity. Wings utilizes an attachment based approach to healing. Wings provides therapeutic services influenced by 12 step principles, DBT skills, and a trauma responsive model of care.

Wings believes in wholistic and person centered care. Wings services will address all eight pillars of wellness including physical, nutritional, emotional, social, spiritual, intellectual, financial, and environmental needs. Wings is dedicated to delivering all services with professionalism, compassion, and empathy.

### *Client Testimonial*

*My time there is where I learned a lot of things about myself not by myself but with my counselor who led me on this amazing journey to find that I was really an addict and had a lot of trouble in the past and need help*



# SERVICES AND SUPPORT

## **Wings Services include:**

- Substance use and Mental Health assessment
- 12 step based and alternative evidenced based substance use disorder programming
- Co-Occurring mental health programming
- Group and individual counseling
- DBT skills education
- Educational lectures
- Living skills development
- Continuing care/ transition planning
- On and off-site NA/AA meetings
- Family education and support
- Virtual parenting skills education
- Mentoring
- Targeted services to improve sleep
- Physical fitness and nutrition coaching
- Therapeutic recreation programming
- Access to tele-psychiatric services/med management
- Physical health screening, STD/STI testing
- Full on-site school programming
- Spiritual services and support
- Graduation celebrations (involving family, friends, & external care team providers)

## **Wings multidisciplinary team includes:**

- Licensed Drug and Alcohol Counselors
- Registered Nurses (RN, LPN)
- Mental Health Professionals (LPCC, LICSW)
- Yoga Instructor (Yoga Calm certified)
- Mentors (spiritual, youth, and recovery focused)
- Residential Support Staff
- Transitions Counselors
- Fitness & Nutrition Coaches
- Case Managers
- On-site Cooks
- On-site Educators
- Billing Specialists

# CONTINUED RECOVERY SUPPORT

Residential programming is just the start. Wings is devoted to creating a continuing care/aftercare plan to assist in the youth's recovery long after graduation of residential programming. Aftercare planning will begin upon arrival and be solidified prior to discharge. Continuing care planning will involve the exploration of:

- Step down substance use disorder & mental health services
- Educational & vocational services
- Mentorship services
- Family support services
- Community engagement services

## **OUR COMMITMENT TO YOU!**

Clients, you will be seen, heard, and valued. We will encourage you to aim high and challenge you in any attempt to aim low. We will walk alongside of you on your journey, you will not be alone. We will recognize and celebrate your success.

Families, we will recognize your efforts, strengths, trials, tribulations, and pain. We will celebrate you for being there for those that aren't always easy to be there for. We will help you see a path forward. We will equip you with the tools and knowledge needed to best support your child on their recovery journey.

Professionals, we hold our relationship with you in high regard. We understand the importance of communication and collaboration. We value your input and are here to serve you and your clients. We will invite you to celebrate your client's success alongside us. We look forward to exceeding your expectations as we strive for excellence in all we do.

## TREATMENT

The residential program at Wings seeks to provide stabilization services, identify and address root issues, introduce the tools to better manage life's challenges, assist youth in practical application of skills, and encourage healthy habit development. Clients will have the opportunity to participate in:

- Daily substance use and mental health focused groups
- Individual sessions (weekly, hour in duration)
- Telehealth psychiatric services to manage psychotropic medication needs
- DBT Skills Education (focused on stress management, building and maintaining relationships, improving decision making, increasing mindfulness, managing emotions)
- Lectures (focused on understanding emotions, healthy relationships, family relationships, skills integration, addiction awareness, relapse prevention, co-occurring disorders, and crisis planning)
- Nursing and health lectures (weekly)
- Therapeutic recreation (strength training, cardio training, sporting activities, yoga, nature walks, swimming, basketball, and volleyball)
- Healing arts (dance, music, painting, story telling,)
- Services focused on restoring connection with family, community, and natural world
- Field trips to expose clients to new interests

### *Client Testimonial*

*This place is going to play a huge part in my life changing for the better. I would not have wanted to go anywhere else.*



## FAMILY EDUCATION/ SUPPORT

Addiction is often a family crisis affecting everyone involved. Wings approaches these family crises by:

- Acknowledging the trauma and inherent dysfunction that occurs
- Validating the family's often painful journey
- Empowering healthy attachments with boundaries and provide education on how this can help heal.
- Providing education to assist the family in better supporting themselves and their loved ones.
- Provide support in practical and non-shaming ways.

Wings offers individual family education, support, and therapy on an as needed basis with most families participating in an average of 3 individual sessions throughout their loved one's stay.

Wings offers full access to a caregiver support library containing books, short readings, videos, and podcast to assist the client's support system in the process of growth and healing. Wings offers suggestions and reflection prompts to all choosing to engage in this service.

### **Bi-Weekly Virtual Parenting Skills Education**

Virtual parenting skills education aligned with Change Institute's Keep Connected Curriculum. Areas of focus include:

- Expressing care, challenging growth, providing support, sharing power, and expanding possibilities
- Each parenting skills education session will be provided by a training parenting skills educator and is accompanied by a co-host with expertise in one of the following areas: mental health, substance use disorder, aftercare planning, adolescent specific needs.

**Dining Room**



**Client Commons Area**



**Mental Health Counselor Office**



**Client Room (2 clients per room)**



**Male Wing Area**



**Female Wing Area**



**Serenity room**



**Wings Front Office**

