

WINGS

Adolescent Recovery Services



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MISSION STATEMENT

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

ABOUT US

WINGS is a residential treatment program for adolescents ages 13 through 18. We are located in Litchfield, MN and serve clients in need throughout the state. We can accommodate 20 residents (10 male and 10 female). The average length of stay for our clients ranges from 80-100 days, and is tailored to meet the needs of each individual client. WINGS is licensed through the MN Department of Human Services. Our program offers services to address clients' chemical health, co-occurring mental health, and educational needs.

WINGS services include:

- *Chemical and mental health assessment
- *12 step based and alternative evidenced based chemical dependency programming
- *Co-Occurring mental health programming
- *Family education and support
- *Group and individual counseling
- *Art Therapy
- *Educational lectures
- *Living skills development
- *Social skills development
- *Therapeutic recreation programming and exposure to positive leisure activities
- *Access to Tele-Psych services/ medication management
- *Access to personal trainer/ fitness instructor
- *Physical health screening, STD/STI testing
- *Full on-site school programming
- *Aftercare planning

WINGS multidisciplinary team includes:

Program Administrator
Program Director
Office Administrator
Licensed Drug and Alcohol Counselors
Registered Nurses (RN, LPN)
Mental Health Professionals (LPCC, LICSW, MA-Art Therapy)
Yoga Instructor (Yoga Calm certified)
Residential Manager
Recovery Mentors
Direct Care Staff members
On-Site Cooks

We are in network with the following Health Care providers:

- ⇒ **Blue Cross and Blue Shield**
- ⇒ **Health Partners**
- ⇒ **Preferred One**
- ⇒ **PrimeWest**
- ⇒ **South Country Health Alliance**
- ⇒ **Ucare**
- ⇒ **We also accept County paid funding
(Consolidated Funds-CCDTF/ Direct Access)**



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.



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.

SCHOOL

WINGS has an excellent Education Department, housed within our facility, with a Licensed Special Education Teacher on staff. School is held September—June, Monday through Friday, from 7:30 to 2:30 pm. There are, of course, holidays and teacher workshops throughout the year. In addition there is a summer school component.

Our Education Department meets each student exactly where they are at in their education. We use a variety of educational techniques, allowing us to be responsive to the particular learning style of each student. Upon completion of their stay at WINGS, all class hours are credited back to the client's home school.

****WINGS staff does not have access to your child's school records. You must request them from our teacher by calling 320-593-0440 x 23**



Client Testimonial:

As a client coming out of WINGS, I think WINGS is one of the best treatment centers out there! WINGS has helped me in more ways than anyone can image. I'm myself again. The counselors there are all amazing, the tech staff are fantastic.... I would go there before going any other place.

TREATMENT PHILOSOPHY

Our philosophy is based on our belief that effective treatment requires:

- *An individualized model
- *A variety of treatment approach options
- *An interdisciplinary staff
- *Strong collaboration with all involved care team members
- *A willingness to allow each client to find his/her way in recovery
- *Allowing the client to experience safety, significance, and belonging
- *Strong family and continuing care components

At WINGS, we are not just here to educate on the issues of continued substance abuse, we also consider our program to be “life support” for those in need. We address a variety of subjects that impact lives and give youth the tools that they need to make sound judgments, improve communication, develop values, solidify goals, gain self confidence, improve wellbeing through functional nutrition, and continue their education while receiving treatment.

We understand the impact mental health can have on addiction, and seek to address these areas accordingly. WINGS strives to assist clients and their families in breaking the stigmas related to mental illness through education. WINGS believes all clients can grow when presented with the right resources and support systems. WINGS takes an integrated approach to assisting those with mental illness by providing therapy, education, and encouragement focused on betterment of mind, body and spirit.

WINGS believes in a trauma informed approach to treatment planning and addressing behaviors. WINGS seeks to identify signs and symptoms of trauma and understanding potential paths for recovery. WINGS empowers youth to:

- ⇒ Work through problems
- ⇒ Restore voice & choice
- ⇒ Build & maintain healthy attachments
- ⇒ Set healthy boundaries
- ⇒ Heal damage they may have caused within relationships
- ⇒ Build self worth through continued experiences of success

WINGS also educates clients on the mind/body connection and incorporates yoga practice, mindfulness, and meditation into weekly routine.



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.

TREATMENT PLANNING

Each treatment plan is individualized and designed to meet the specific needs of that person. Since addiction influences every aspect of a person's life, our holistic approach ensures that no aspect is overlooked. Our professional multidisciplinary team employs a variety of clinical modalities to ensure the best possible outcome for each of our clients.

The process begins at admission, where Wings first employ a variety of methods (interviews, personal observation, gathering collateral information through collaboration with the external care team, substance use disorder assessment, and diagnostic mental health assessment) to identify and evaluate each person's individual needs. Once these needs have been determined, an individual treatment plan is created containing strategies for addressing each need. This treatment plan is then reviewed bi-weekly to best fit the youth's needs. During the youth's stay, this treatment plan is utilized as a road map to success. Treatment plan goals are addressed through group therapy, individual counseling with professionally licensed counselors, educational lectures, readings, writing assignments, experiential assignments, recreational activities, and 12 step meetings.



Client Testimonial

I came to this program a little over year ago and to this day it has changed my life forever. These people (director, therapists, staff) love what they do. They genuinely care about you and your future and continue to do so long after you leave. I can't even express how blessed I am to have crossed paths and been taught so much by Wylie, Kailly, Dodi, Grace, Sheryl, Kortney, Sheri, and so many others :) They really did give me the strength, hope, and knowledge I needed for a second chance at my future and for that I am endlessly grateful. If you or someone you know is in need of help look no further! As long as you keep an open mind & you're willing to do the work you will succeed. Thank you all for everything (especially the priceless memories and friendships) Looking back, I would do it over again a million times.

OUR COMMITMENT TO YOU!

Clients...WINGS will actively involve you in the overall treatment process.

Families...WINGS will equip you with the tools and knowledge necessary to aid in your family member's ongoing recovery.

Professionals...WINGS will provide you with the information needed to actively participate in your client's recovery utilizing collateral information, weekly reviews, telephone updates and discharge planning.

While WINGS recognizes the effectiveness of 12 Step programs like Alcoholics Anonymous and Narcotics Anonymous, we know that they do not work for everyone. Therefore our clients are given the option of exploring alternatives. Our intention is that clients develop a sober support system that represents a philosophy and structure that will work for them for the long term.



Client Testimonial

Thanks to this wonderful program! I can't even believe how amazing this program was. My daughter had attended a few other programs the past year and nothing even came close. To start off the staff is out of this world from day one all the way to the end. Very nice, professional, positive group of people. After leaving the facility she still has contact with all of the staff. The facility is great, it feels like home my daughter said compared to all of the other places. There is a great cook who cooks homemade meals every day, there is artwork, couches, a nice bedroom, bathrooms were nice. A lot of the other places were in basements and were cold and dreary. Makes getting sober so much better. It really feels like a family there everyone works together. They offered so many great programs while being there, they attended school, went to surrounding cities for outdoor activities, Played outside on the basketball courts, they got out each day which is great. As the program was coming to an end they helped get everything set up for life after this program. They set up all of her groups, schooling, counseling, therapy everything. The drive is 2 hours away from where we live and I drove up there religiously every week because I could tell this program was really working, I can't say enough good things about WINGS! I will continue to recommend this to everyone going through this situation. Wonderful program!

FAMILY EDUCATION AND SUPPORT

⇒ Field trips to expose clients to new interests (monthly)
Alcoholism and drug addiction is often a “family crisis” affecting everyone in the family. Wings approaches these family crises by:

- ⇒ Acknowledging the trauma and inherent dysfunction that occurs when supporting someone struggling with addiction
- ⇒ Validate the family’s often painful journey
- ⇒ Empower healthy attachments with boundaries and provide education on how this can help heal
- ⇒ Provide 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 participated in an average of 3 individual sessions throughout their loved one’s stay.

Wings offers group family education and therapy programming once a month. This monthly service is an all day event and includes:

- ⇒ Family education pertaining to substance use, mental health, family impacts of addiction, and parenting/family support
- ⇒ Letter processing between family and youth to increase understanding, address resentments, express emotions, identify needs, and begin the healing process

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
- ⇒ Physical fitness and nutritional services



Client Testimonial

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

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 that I had a lot of trouble in the past and needed help.

TREATMENT

The residential program at WINGS seeks to provide stabilization services, identify & 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 & mental health focused groups
- ⇒ Art therapy (weekly)
- ⇒ 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 recreational gardening (seasonal), daily therapeutic recreation (strength training, cardio training, sporting activities, yoga, nature walks, swimming, basketball, and volleyball)



Client Testimonial

Two years ago I made the BEST decision of my life. I put myself in treatment for alcoholism. There was a 6 month period from before I was admitted until my first few days in treatment that I was completely blacked out. I don’t remember a single thing I did , or a single thing that happened to me, I DIDN’T CARE! The only thing I cared about was making sure I had alcohol in my bloodstream at all times. I was so selfish. I hurt and took advantage of so many people. I lost more friendships and relationships that I can count, school was my last priority and I never thought twice about driving blacked out. I didn’t think and I didn’t care! WINGS changed my entire perspective on life. I learned that addiction doesn’t only affect the addict, but also every single person in their life. For the first time in 4 years, I had feelings, I cried for no reason, I felt disgusted with myself for all the people I had hurt. I felt sympathy, anger, optimism, compassion, frustration, guilt, confidence, bravery, confusion, motivation, worth, acceptance, gratitude, inspiration, affection all at the once. It was like waking up from a horrible nightmare and deciphering whether it was real or not. I was so overwhelmed, until the day came where I felt genuine happiness. That’s when I knew that I had made the right choice to become sober. Everyone I met at WINGS had an impact on me and will forever have a place in my heart. We not only became sober together, we became family.

Client Commons Area




Male Wing Area



**Client Room
(2 per room)**



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

Dining Room



Female Wing Area

