



WINGS

Adolescent Recovery Services



“A path to a brighter future”

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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 them.

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.

We 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**
- **We also accept County paid funding (Consolidated Funds-CCDTF/ Direct Access)**

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.



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 contacts 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 thru May. MAWSECO also provides credit recovery in the summer months.

Male residents receive 3.5 hours of classroom learning starting at 7:30 am. Female residents receive 3.5 hours of classroom learning starting at 10:30 am. 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.

****Wings staff does not have access to your child's school records. You must request them from our teacher by calling 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 serves all genders.

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 (spiritual, recovery, and youth)
- Targeted services to improve sleep
- Physical fitness and nutrition coaching
- Therapeutic recreation programming
- Access to telehealth psychiatric services/medication management
- Physical health screening, STD/STI testing
- Full on-site school programming
- Aftercare planning

Wings multidisciplinary team includes:

- Licensed Drug and Alcohol Counselors
- Registered Nurses (RN, LPN)
- Mental Health Professionals (LPCC, LICSW)
- Yoga Instructor (Yoga Calm certified)
- Mentors
- 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...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.

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
- 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)
- Field trips to expose clients to new interests (monthly)

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

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 virtual parenting skills education biweekly.

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.

Wings Front Office



Client Commons Area



Mental Health Counselor Office



Male Wing Area



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



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



Female Wing Area



Dining Room



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