

Help is just a phone call away

If you or someone you know would benefit from our services, call EmPower CTC at
507-292-1379

Our staff will verify your insurance benefits and seek any necessary Pre-authorization when you call.

**EmPower
CTC**

*Comprehensive Treatment Center
(a division of Dunatos, Inc.)*



DeWitz Plaza
602 11th Avenue NW #300
Rochester, MN 55901
Phone: 507-292-1379
Fax: 507-289-4524
Toll Free: 1-800-582-6002
www.empowerctc.com

Our Philosophy

EmPower CTC will offer a complete range of treatment options helping individuals to become free of self-defeating behaviors. We believe that all individuals, given encouragement and education, are capable of moving toward a more fulfilling life free of self-defeating behaviors. In view of this, our services will be psychoeducational in nature; we utilize education, motivational interviewing, encouragement, therapeutic intervention and skill building. We strive to demonstrate a clear belief that each individual can change if they choose to. We further believe that each individual we assist has a unique set of issues to address in their process to be violence free. We strive to match the array of services we offer to the unique individual needs of each person we serve.

What's In A Name??

EmPower . . .

is the translation of our parent corporation, Dunatos. **Dunatos** is a Greek word meaning to give power to, empower, make able. The professional staff at EmPower CTC are available to help people become "empowered" to take control of their life Journey.

CTC

stands for "Comprehensive Treatment Center - you are more than just your disease, your diagnosis, your billing code, but a unique individual who can best be helped by treatment that addresses your uniqueness in a "comprehensive" way

*Recovery and Growth
Becoming all You Can Be*



*Programs and Help
With*

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*Empowering individuals and families to
effect change and live fulfilled lives.*

When You Need Help!

Knowing and recognizing the need for help is an important step in healing and recovery. For those who may be experiencing problems, there is hope and help - where caring persons have the ability to help. Our professional staff can assist you in:

- A thorough evaluation to decide what services would be the most helpful.
- A treatment plan that looks at the total you.
- A focused and intensive program aimed at identified needs.
- Ongoing aftercare to ensure long-term effectiveness..
- Making appropriate referrals as needed.
- Effectively involving family members and loved ones in the treatment process..



Treatment Programming Individual and Group Services

Treatment programs at **EmPower CTC** are specifically developed to assist in increasing skills and maximizing your effectiveness. Our programs provide a fresh look at alternatives for a safer, happier and healthier life.

Services Available Include:

Assessments in

- ✓ Alcohol and drug use
- ✓ Mental health assessment
- ✓ Domestic Violence
- ✓ Anger management



Treatment and Education:

- ✓ Outpatient and chemical dependency treatment.
- ✓ Relapse Prevention
- ✓ DUI/DWI Programming
- ✓ Chemical Health Education
- ✓ Domestic Violence Treatment
- ✓ Anger Management Treatment
- ✓ Individual Counseling
- ✓ Marriage and relationship counseling

We specialize and are licensed in helping those with dual disorders.

We Can Help!

Look at how you can be all you want to Be.

The treatment programs at **EmPower CTC** work with adults of all ages who are involved in the legal system or for those who recognize the need for help with issues that interfere with their life areas.



For further information or to schedule an assessment call:

EmPower CTC

Comprehensive Treatment Center

Steve Lansing, PhD, MSW, LICSW

Clinical Director

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