

# HOPE HOUSE NEWS

Hope House of Itasca County

Spring 2013

## WELCOME!

Thank you for subscribing to our quarterly newsletter!

Each issue will work to keep our readers updated on mental health/chemical dependency issues as well as community and program updates. Our hope is to keep our readers connected and informed.

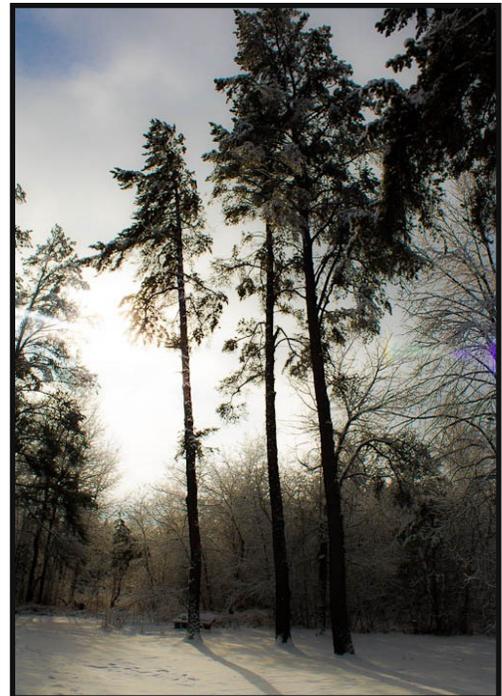
## What's new at Hope House?

The Hope House is proud to announce to the community that we are no longer a halfway house. We are now a co-occurring residential treatment facility, offering both medium and low-intensity programming.

So, what does this mean for prospective clients?

Though our treatment program has changed, our clientele remains the same. Our programming has simply been tailored to better serve our clients in their journey to recovery. Here are some of the services we have added:

- Certified Nurse Practitioner
- Licensed Practical Nurse
- Recovery Coaches
- Mental Health Therapist
- Weekly Family Programming



## INSIDE THIS ISSUE:

What's New at Hope House?	1
Choosing the Right Treatment	2
Media Outlets Now Working to Reduce Stigma of Mental Illness	3
Community News and Events	4
Contact Information	4



*“Treatment is not the end, it is the beginning,”*

*-William Cope Moyers*

## Choosing the Right Treatment

Getting help for a substance use disorder is a big step. Whether it's your first time in treatment or your tenth, it's important that you choose the right treatment center for your needs.

The field has made drastic changes in recent years, and we now know the importance of individualized treatment. Every person's road to recovery is different, so why should every treatment program be the same?

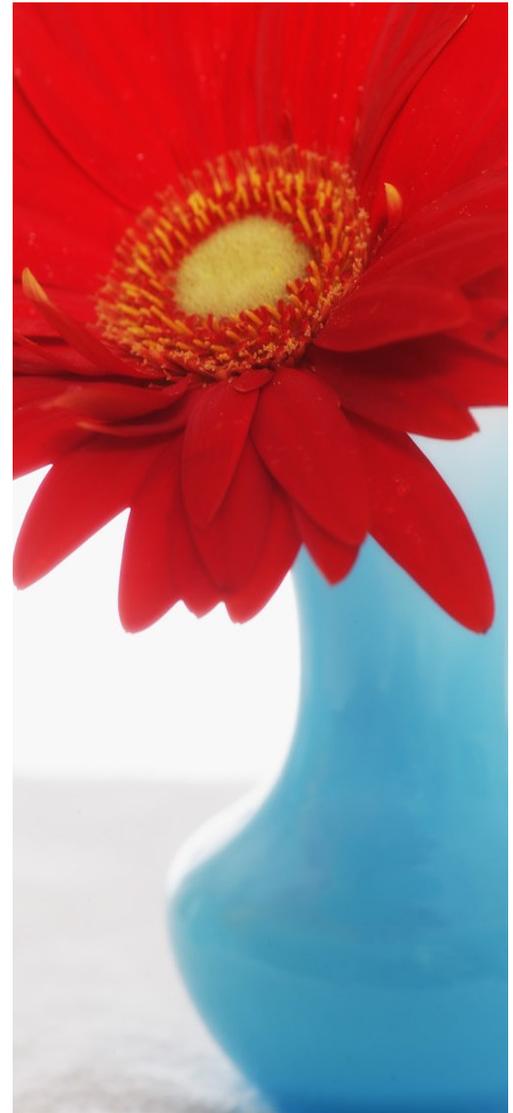
The New York Times released an article in February on the importance of choosing the right treatment center. William Cope Moyers, published author and VP of public affairs at Hazelden, describes what you should ask about each treatment center before choosing which one is right for you.

### What Should Treatment Centers Offer?

Mr. Moyers highlights a key questions to ask a potential treatment center:

1. Does the treatment center provide co-occurring services? Is there an on-staff mental health therapist as well as licensed alcohol and drug counselors?
2. Are there professionals on staff that can address underlying physical health issues and prescribe medication?
3. Is there a social worker or recovery coach on staff to address occupational or other challenging living problems that you may be faced with at home?
4. Does the treatment center provide family programming?
5. Are after-care or follow-up services provided?

To read the full article, click [here](#).





*“It is the right time to address how journalists handle questions of mental illness in coverage.”*

## Media Outlets Now Working to Reduce Stigma of Mental Health Disorders

The Associated Press recently added an entry to their nationally acclaimed AP Stylebook on how mental health should be handled by the media.

“This isn’t only a question of which words one uses to describe a person’s illness.” AP Senior Vice President and Executive Editor Kathleen Carroll said in a statement released in March.

“It is the right time to address how journalists handle questions of mental illness in coverage.” Carroll said.

The new entry, which has already been added to the AP Stylebook, will provide guidelines and considerations for journalists in an effort to remain fair and objective.

This is a giant step forward in reducing the stigma society tends to hold about mental illness. Click [here](#) to read the full article.

## In the Community

This section will be included in each of our newsletters to inform subscribers of community news and events. If your company or organization has an upcoming event or other news you would like to share, email us at [katermakinen@hotmail.com](mailto:katermakinen@hotmail.com).



---

## CONTACT US

---

### Hope House Men's Program

604 South Pokegama Avenue  
Grand Rapids, MN 55744  
Phone: (218) 326 - 1443  
Toll Free: 1 (800) - 605 - 6047  
Fax: (218) 326 - 4390

### Pear Lake Women's Program

2086 Ridgeway Drive  
Grand Rapids, Minnesota 55744  
Phone: (218) 327-9944  
Fax: (218) 327 - 9375