

Our Mission

The Prairie Ridge mission is to reduce the impact of drug and alcohol abuse upon the affected individuals, families, and communities of North Iowa. We will fulfill our mission by providing a full continuum of effective and efficient prevention and treatment services.

Our Vision

Prairie Ridge will be a preferred source of prevention and treatment services, offering innovative and proven programs that best meet the needs of our clients and customers. We will be an asset to our community by improving the quality of life for persons receiving our services.

Our Values

*Dignity and Respect
Responsive to the Needs
Of Our Customers and Clients
Open Communication
Trust and Honesty in all Our Interactions
Professional Development
And Personal Growth of Our Staff
Continually Improving
All Aspects of Our Organization*

Prairie Ridge is funded by the Iowa Dept. of Public Health; United Way; Division of Criminal & Justice Planning; and federal, state, and local grants.

**Are you concerned about
your substance use?**

**Are you concerned about
a love one's substance use?**

**Are you concerned about
a youth substance use?**

*To learn more about our treatment
services please contact us.*

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Charles City, IA 50616
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www.prairieridge.net



**ADDICTION
TREATMENT
SERVICES**

*Providing A Full Continuum of
Effective Treatment Services
to Communities
of North Iowa*

Prairie Ridge Addiction Treatment Services is a licensed substance abuse treatment facility by the Iowa Department of Public Health. It is a private, non-profit corporation offering substance abuse prevention and treatment services to an eight county North Central Iowa area, as well as providing residential care to a statewide population.

Adolescent Services

Substance abuse cuts across all ages, ethnicity, geography, and socioeconomic lines. Today,



adolescents experience the pressure to use tobacco, alcohol, and illegal drugs at an earlier age than we used to think. When adolescents

give in to this pressure, problems related to substance use develops. Prairie Ridge provides professional substance abuse treatment services tailored to fit the needs of each adolescent.

- **Education**—designed to inform adolescents on accurate information regarding substances and their effects.
- **Primary Outpatient Services**—designed to determine if there is a problem and how severe it is. We discuss with adolescents what changes could be made to improve their well-being. We also offer individual and gender-specific group services to assist in making changes.
- **Aftercare**—designed to support changes made by adolescents about substance use.

Prevention Services

Our Prevention Team offers quality and effective substance abuse prevention services for people of all ages using comprehensive prevention strategies. We offer programming that targets substance abuse risk and protective factors. We work with schools, workplaces, organizations, clubs, and other community groups to offer educational sessions.

Outpatient Treatment Program

Prairie Ridge offers day and evening programming. This treatment program is consists of weekly individual sessions and group therapy sessions over a time period best suited for individual needs.

Group therapy sessions enable individuals to recognize the negative impact of drug or alcohol use on their lives and offer them tools to help them make appropriate choices to remain abstinent. Individuals' are encouraged to focus on the strengths they are able to bring to the group. The evening groups consist of group therapy, lectures, videos, speakers, and personal assignments.



Members of the program meet individually with their counselor on a weekly basis to review their progress and for one-to-one counseling. The extended outpatient group is offered in the evenings. This program is open to both males and females ages 18 and older. Upon successful completion of this group, individuals are transitioned into continuing care services.



Prairie Ridge also has a [Women and Children's Program](#) that is dedicated to reduce barriers women may encounter when trying to

receive treatment for substance abuse. To interrupt the process of addiction, improve social skills, re-establish healthy family relationship, and use community resources to benefit the family are some of the goals for this program.

Adult Residential Treatment

Our Primary Residential Treatment provides a safe and structured environment for individuals who are not able to achieve abstinence as outpatient. This program provides stabilization and preparation of individuals to return home. A variety of treatment approaches are use such as education, cognitive restructuring, rational emotive behavioral therapy (REBT), motivational interviewing, individual and group therapies, relapse prevention, and introduction to 12 steps support groups.



We also include family members and significant others in the treatment process. We tailored our treatment to fit each person's needs.

We have a halfway house treatment for individual who has completed primary residential treatment and still needs a safe and supportive environment while establishing financial stability, and employment.

Gambling Services

Gambling addiction problem is continually increasing in our service area. As with any addiction, gambling problems are preventable and treatable. Prairie Ridge has responded to the need of the community by offering gambling prevention and treatment services. Our gambling service includes assessment, screening, evaluation, counseling, and education.

