

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.

What issues are addressed?

- **Chemical Dependency, Recovery and Relapse Prevention**
- **Relationships**
- **Acceptance of Self**
- **Self Esteem**
- **Guilt/ Shame**
- **Grief**
- **Parenting Skills**
- **Relaxation/Spirituality**
- **Money Management**
- **Independent Living Skills**
- **Domestic Violence Behaviors**
- **Anger Management – Forgiveness/ Acceptance**
- **Family of Origin**
- **Dual Diagnosis**

For more information please contact:

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www.prairieridge.net



WOMEN AND CHILDREN'S PROGRAM

*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.

Prairie Ridge offers a comprehensive program designed to specifically address the needs of women with substance abuse problems. This program benefits a woman and her children. We recognize that substance abuse can complicate and exacerbates other problems such as family problems, lack of economic self-sufficiency, physical and sexual abuse, and the inability to cope with caring for children. Addressing these issues can help women recover and prevent relapse.

What is the Women and Children's Program?

The **Women and Children's Program (WCP)** is a specialized program for women and women with children who find themselves in need of alcohol and drug prevention and treatment.



What are the goals in WCP?

- **Interrupting** the process of addiction
- **Reducing** barriers to treatment
- **Improving** social skills
- **Re-establishing** healthy family relationships and values
- **Improving** physical health
- **Understanding** nutrition
- **Learning** to use community resources to benefit the family

Ancillary Services

Prairie Ridge can provide assistance through community resources for referral and ancillary services:

- Transportation
- Childcare
- Parenting Training
- Mental Health Care
- Daily Living Skills
- Health Care
- Nutritional Counseling
- Sexual/ Physical Abuse
- Financial Counseling
- Mentoring Services
- Tutoring Services
- Education
- Vocation
- Liaison

We offer the following services:

- Women & Children's Assessment
Monday-Friday 8:00-5:00
- Individual Therapy
Monday-Friday 8:00-5:00
- **Gender Specific Group Therapy**
- Parenting Group- Mondays 5:30-7:30 p.m.
- Women's Group- Tuesdays 9:00 -11:00 a.m.
- Women's Continuing Care Group –
Tuesdays 5:00 – 6:00 p.m.
- Women in Recovery Group – Sixteen-Week Program Wednesdays 5:00-7:00 p.m.
- Transitional Housing Assistance
- Dual Diagnosis Therapy

Fees are based upon the sliding scale fee.
No one is refused services based solely on an inability to pay.

EDUCATION IS THE KEY



PREVENTION IS THE GOAL



RECOVERY IS THE PROCESS

