



# My New Life

A program of Mn Adult & Teen Challenge

LICENSED OUTPATIENT PROGRAM DESIGNED SPECIFICALLY FOR WOMEN WHO ARE PREGNANT OR WHO HAVE RECENTLY HAD A CHILD AND ARE STRUGGLING WITH SUBSTANCE USE DISORDER.

## what we offer

Two different program levels, based on one's required level of care. In addition to licensed treatment, clients enrolled in the My New Life program may receive peer recovery support services (PRSS) from staff equipped with prenatal and new mothers resources. PRSS services are available to help with recovery-related needs such as transportation, getting connected with resources, and other needs outside of treatment.

## how it works



### INTENSIVE OUTPATIENT CARE LEVEL

For those who meet criteria for intensive outpatient treatment we offer:

- A women-only group that meets four times each week, for ten weeks (40 sessions total)
- Group Schedule: 6:00 p.m. – 9:00 p.m. Monday, Tuesday, Wednesday, and Thursday
- Individual sessions also required every other week, via telehealth or in-person

### OTHER INFORMATION:

- A faith-based track is available upon request
- Step down process after 32 sessions



### LOW INTENSITY OUTPATIENT TREATMENT

For those who meet criteria for low intensity outpatient treatment we offer:

- A women-only group that meets once weekly for twelve weeks
- Choice of a morning or evening group: (must commit to one group time)
- Monday morning: 10:00 a.m. – 12:00 p.m., or
- Thursday evening: 6:00 – 8:00 p.m.

### OTHER INFORMATION:

- A faith-based track is available upon request
- Optional individual sessions available every other week, via telehealth or in-person

## general program policies and information

- Clients accepted into the My New Life program may be on Medication Assisted Treatment (MAT), such as suboxone and methadone
- Satisfactory completion is based upon attendance, progress, and completion of treatment plan goals
- Clients must start in the next group session available after completing the Admissions process
- We require random drug testing, via UA or mouth swab
- A client will be allowed 1-2 weeks of maternity leave after delivering her baby
- Clients are not required to have a referral from a county worker or child protective services to be enrolled in the My New Life treatment group