



NUWAY – Rochester Counseling Center

## Defining R.I.S.E.

Recovery in Supportive Environments (R.I.S.E.) utilizes evidence based models of care connecting substance use disorder treatment with (subsidized) recovery residence support.

NUWAY’s nonprofit mission has always been to provide extended care treatment for individuals in supportive environments. The R.I.S.E. model continues that tradition by linking outpatient treatment and recovery residence support.



### Outpatient Locations

#### 3R’s NUWAY

##### Counseling Center

1404 Central Avenue NorthEast  
Minneapolis, MN 55413  
Phone: 612-789-8030  
Fax: 612-789-8087

#### 2118 NUWAY

##### Counseling Center

2118 Blaisdell Avenue South  
Minneapolis, MN 55404  
Phone: 612-235-4677  
Fax: 612-872-8855

#### St. Paul NUWAY

##### Counseling Center

545 West Seventh Street  
St. Paul, MN 55102  
Phone: 651-333-4410  
Fax: 651-666-2914

#### NUWAY – University Counseling Center

1246 University Avenue West  
St. Paul, MN 55104  
Phone: 651-404-2000  
Fax: 651-383-4537

#### NUWAY – Rochester Counseling Center

300 11th Avenue NW, Suite 120  
Rochester, MN 55901  
Phone: 507-225-0400  
Fax: 507-208-7737

#### COMING SOON!

#### NUWAY – Duluth Counseling Center

4615 Grand Avenue W, Suite 300  
Duluth, MN 55807  
Phone: 218-207-2130  
Fax: 218-600-5485

[www.NUWAY.org](http://www.NUWAY.org)



Recovery  
In  
Supportive  
Environments

Extending care with  
safe, sober living support

Since 1966

## Outpatient Services

NUWAY outpatient clients have the option to live in independently run recovery residences, located in the community of their choice, and have their housing program fees subsidized while they attend treatment. Additionally, clients receive:

- Twenty hours of licensed co-occurring treatment per week
- Nutritionally-based snacks
- Transportation assistance
- No cost drug testing
- Evidence based modalities

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St. Paul NUWAY Counseling Center



NUWAY - University Counseling Center

## Recovery Residence Support

NUWAY utilizes 70+ independent providers of sober living throughout Minnesota. Recovery residence support:

- Provides a choice in recovery housing
- Offers safe, supportive sober environment
- Is community based
- Is ASAM (dimension six) focused
- Is an evidence based practice
- Is available for the duration of treatment



*"Johns Hopkins University School of Medicine reports...that those who attend day treatment and live in a sober living facility or drug-free housing are 10 times more likely to avoid relapse."*

## Client Benefits & Outcomes

- Removes housing barrier early in recovery
- Allows clients the extended time needed to establish recovery in their community
- Empowers client self-efficacy and choice
- Allows clients to work and/or go to school
- Follows best practice
- Builds community
- Option to remain in a recovery residence after services are completed with NUWAY

2118 NUWAY Counseling Center

