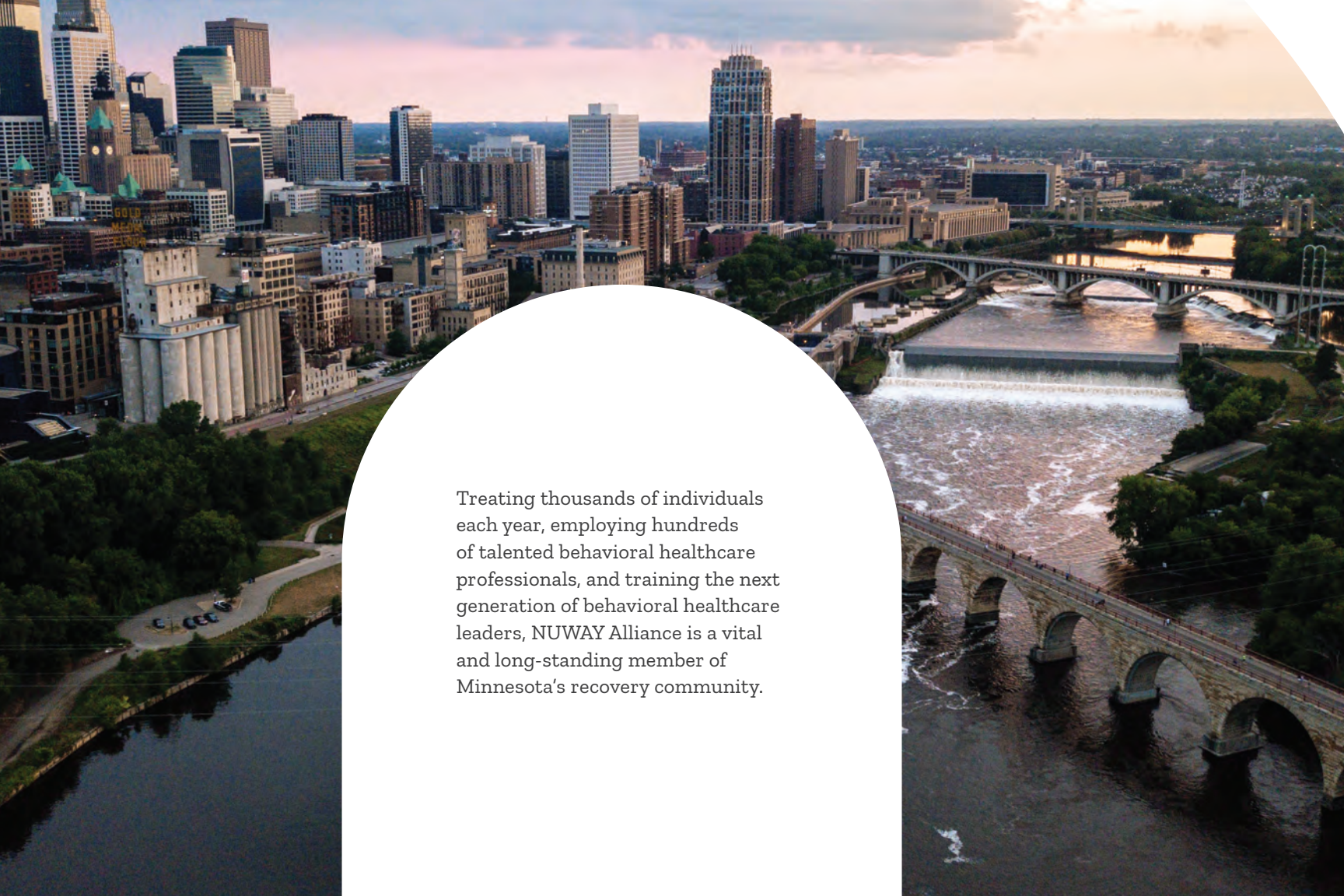




NUWAY ALLIANCE'S MISSION IS TO PROVIDE LEADERSHIP,
INNOVATION AND RECOVERY ACCESS.

NUWAY
Alliance

NUWAY ALLIANCE IS PROUD TO BE ONE OF MINNESOTA'S LARGEST NONPROFIT BEHAVIORAL HEALTHCARE ORGANIZATIONS. WE OFFER ADDICTION TREATMENT FOR ADULTS OF ALL GENDERS, ACCESS TO SAFE, SUPPORTIVE HOUSING FOR THOSE IN NEED AND SPECIALIZED MANAGEMENT SERVICES FOR ORGANIZATIONS INTERSECTING WITH INDIVIDUALS RECOVERING FROM SUBSTANCE USE DISORDER.



Treating thousands of individuals each year, employing hundreds of talented behavioral healthcare professionals, and training the next generation of behavioral healthcare leaders, NUWAY Alliance is a vital and long-standing member of Minnesota's recovery community.



The seed which grew into NUWAY® and eventually the NUWAY Alliance was planted by members of the 2218 Alano Society, who acted on the knowledge that people seeking recovery need more time in care and require safe, supportive housing. Their efforts continue helping thousands of individuals experience an improved quality of life, fellowship, and health.

OUR GROWTH

NUWAY Alliance is rooted in a mission started in 1966. What began as one of the nation's first halfway houses is today a sophisticated organization operating addiction treatment and a foundation serving thousands of people throughout Minnesota. We are located in Minneapolis, St. Paul, Rochester, Duluth, St. Cloud, and Mankato. NUWAY Alliance treatment services provide evidence-based, gender-responsive, and trauma-

informed treatment, creating safe and welcoming environments for adults of all genders. We connect our clients to a broad range of recovery-supportive community resources in the continuum of care that removes barriers to long-term recovery sustainability. NUWAY Alliance was created in 2019 as an umbrella organization to support and manage NUWAY®, Cochran Recovery Services, The Gables, and the NUWAY Recovery Foundation.





IN THE HEART OF THE RECOVERY COMMUNITY

Our grassroots beginnings have led us to be one of the longest-standing and most proactive pillars in Minnesota's recovery community. Our alumni are found throughout Minnesota and around the country. We actively support recovery events, outings and speakers through sponsorship and participation to raise awareness of recovery and to reduce stigma. We advocate for recovery supportive public policies that make recovery more accessible for all who seek it.

NUWAY Alliance has made a significant investment in developing a strong, passionate and dedicated work force. Our Practicum Team supervises students pursuing credentials as drug and alcohol counselor and/or mental health professionals.





NUWAY Alliance treatment programs offer compassionate care, adhere to high-quality standards, utilize evidence-based practices, and employ many dually licensed clinicians who are mission-driven professionals to treat addiction and mental health disorders. Our programs are located in the heart of recovery communities across Minnesota and offer individualized care for adults of any gender. All NUWAY Alliance treatment programs are co-occurring (treating addiction and mental health disorders), GLBTQIA+ safe and friendly, trauma-informed, and medication-assisted treatment and recovery friendly.

TREATMENT SERVICES OVERVIEW

NUWAY Alliance treatment services include ASAM levels 2.1 (intensive-outpatient) and 3.1 (residential). The use of innovative, evidence-based practices such as Motivational Interviewing, Cognitive Behavioral Therapy, and 12-Step Facilitation along with group and individual counseling, gender-sensitive programming, individualized

lengths of stay, recovery management skills, a connection to community resources, and trauma work (i.e. Prolonged Exposure therapy, Accelerated Resolution Therapy, trauma skills groups) help our clients address their individual needs in a manner that meets them where they are at during their treatment.

COMPREHENSIVE, GENDER-SPECIFIC RESIDENTIAL TREATMENT

NUWAY Alliance gender-specific residential treatment programs provide community-based, residential (ASAM 3.1) care in a medically-monitored setting for adults of any gender. Programming is individualized based on the client's needs and goals. Each program offers onsite nursing (non-prescribing) and 24-hour staff support and supervision. Clinical practices are evidence-based, including modalities such as Cognitive Behavioral Therapy (CBT), Twelve Step Facilitation, Motivational Interviewing (MI), Accelerated Resolution Therapy (ART), and more. Clients accessing NUWAY Alliance's residential programs often struggle with co-occurring substance use and mental health disorders, lack supportive recovery environments, and need extended time to establish their foundation in recovery. All residential programming is co-occurring, GLBTQIA+ safe and friend, and medication-assisted treatment and recovery friendly.



Residential treatment for adults identifying as men

Cochran Recovery Services (Cochran) was established in the 1970's as a nonprofit treatment provider. In 2019, to avoid closure resulting from operational and financial challenges, Cochran's board of directors asked NUWAY Alliance to assume program management and operation.



Residential treatment for adults identifying as women

NUWAY Alliance acquired The Gables in 2020 to maintain and grow the legacy of this long-standing treatment resource for women in Minnesota. Established in 1983, The Gables is located in the Gray Gables Mansion near downtown Rochester in the historic southwest neighborhood.



NUWAY® residential treatment for adults of any gender

NUWAY®, founded as a nonprofit in 1966 is widely recognized as one of America's first "halfway houses." NUWAY® began from the grassroots efforts of the 2218 Alano Society of Minneapolis members' response to individuals leaving treatment in the early and mid-1960's housing insecure. These members believed extended time in a safe, sober environment would help individuals establish long-term recovery. Today, NUWAY®'s residential programs are accredited by The Joint Commission and designated Blue Distinction® Centers for Substance Use Treatment and Recovery by Blue Cross and Blue Shield of Minnesota. NUWAY® offers residential treatment at three programs: NUWAY I, II and III.

Contact our Residential Admissions team with any questions or to schedule an admission to any of our residential programs.

Phone: 612-767-0309

Fax: 612-870-3796

Residential.admissions@nuway.org



When a dozen other treatment centers hadn't worked for me, NUWAY did. I credit NUWAY's integration in the community, its willingness to let clients continue to participate in life and make strong social connections with other people in the community in recovery, and its individualized treatment planning with my success. I am three years sober, and it started at NUWAY."



Our community-based Intensive Outpatient Programs throughout Minnesota make evidence-based substance use and co-occurring mental health disorder treatment, connection to the care continuum, and peer support convenient and accessible.

CONVENIENT AND ACCESSIBLE INTENSIVE OUTPATIENT PROGRAMMING



NUWAY® Intensive Outpatient Programs (IOPs) in the Twin Cities and throughout Minnesota allow clients to receive comprehensive treatment for substance use and co-occurring mental health conditions while living at home or in a recovery residence. In keeping with NUWAY®'s mission established in 1966, the program supports the Recovery In Supportive Environments

(R.I.S.E.) model and helps clients deemed in need access recovery residences in the community of choice that adhere to quality standards. NUWAY®'s IOPs are accredited by The Joint Commission and are designated Blue Distinction® Centers for Substance Use Treatment and Recovery by Blue Cross and Blue Shield of Minnesota.



INTENSIVE OUTPATIENT PROGRAMMING LOCATIONS

Minneapolis

- 3 R's NUWAY Counseling Center

Phone: 612-789-8030
 Fax: 612-789-8087
 3rs.admissions@nuway.org

Minneapolis

- 2118 NUWAY Counseling Center

Phone: 612-235-4677
 Fax: 612-872-8855
 2118.admissions@nuway.org

St. Paul

- NUWAY – University Counseling Center

Phone: 651-404-2000
 Fax: 651-383-4537
 stpaul.admissions@nuway.org

Rochester

- NUWAY – Rochester Counseling Center

Phone: 507-225-0400
 Fax: 507-208-7737
 rochester.admissions@nuway.org

Duluth

- NUWAY – Duluth Counseling Center

Phone: 218-207-2130
 Fax: 218-600-5485
 duluth.admissions@nuway.org

St. Cloud

- NUWAY – St. Cloud Counseling Center

Phone: 320-314-1200
 Fax: 320-314-1497
 stcloud.admissions@nuway.org

Mankato

- NUWAY – Mankato Counseling Center

Phone: 507-295-4940
 Fax: 507-295-4934
 mankato.admissions@nuway.org

INTENSIVE OUTPATIENT TREATMENT INCLUDES:

- Twenty units of licensed co-occurring treatment per week (M – F)
- Group, individual and gender-sensitive programming
- Individualized lengths of stay based on client's treatment goals
- Evidence-based treatment modalities (i.e., Cognitive Behavioral Therapy, Twelve Step Facilitation, Motivational Interviewing)
- Trauma-informed environments & curriculum with individual trauma modalities (VA & BRITE curriculums, Accelerated Resolution Therapy, Prolonged Exposure Therapy for PTSD)
- Nutritionally based snacks during each day of service
- Peer support
- Treatment coordination
- Transportation assistance



NUWAY

Part of the NUWAY Alliance





RECOVERY IN SUPPORTIVE ENVIRONMENTS

The NUWAY Recovery Foundation (Foundation) was formed in 2018 to address the housing barriers many individuals face in recovery from substance use disorders. Providing a safe, supportive, and recovery-focused housing environment is the founding concept of NUWAY®'s mission. Today, the Foundation works to maintain partnerships with independent recovery residence providers who adhere to quality standards and provide peer support

services. The Foundation continuously communicates with housing providers to monitor the wellbeing and care accessibility of residents who are engaged in intensive outpatient treatment at NUWAY®. Each year to support our housing partners, the Foundation facilitates an educational series providing information and skills pertinent to working with individuals in recovery. The work of the Foundation is improving access to quality recovery housing throughout Minnesota.



NUWAY
Recovery Foundation
Part of the NUWAY Alliance



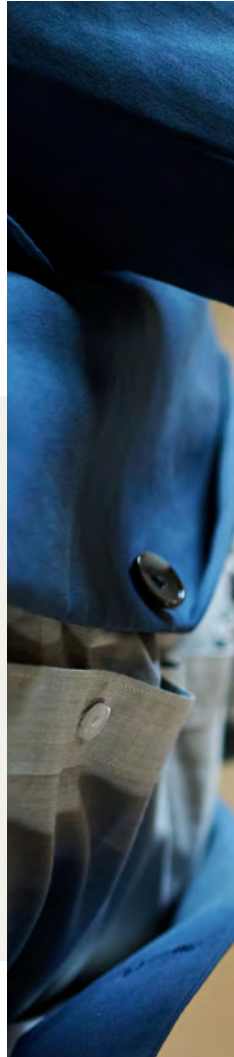


Proven behavioral healthcare visionaries, leaders, and management experts, NUWAY Alliance offers specialized services that help maintain treatment access and improve quality care through expansion, acquisition and the development of new resources and partnerships supporting recovery access.

MAINTAINING AND EXPANDING TREATMENT QUALITY AND ACCESS

NUWAY Alliance has increased the ability of people with low recovery capital to access high-quality care and other recovery-supportive services through the management and optimization of treatment programs facing closure and helping develop new treatment offerings. In 2019 and 2020 respectively, NUWAY Alliance began management of Cochran Recovery Services and acquired The Gables. These long-serving residential treatment programs, which

have provided decades of care, benefited from infrastructural investments, practice improvements, and organizational oversight from the NUWAY Alliance team. NUWAY Alliance can partner with state and local governments, nonprofit organizations, and private companies to develop or enhance treatment programming, maximize the value of publicly available recovery community resources, and provide turnaround services to ensure continued operation.







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