Exclusive support for lesbian, gay, bisexual, and transgender people facing addiction, mental or sexual health concerns.

PRIDE INSTITUTE
Creating a Healthy LGBT Community
800-547-7433 • Pride-institute.com
Treatment Philosophy

PRIDE Institute strengthens resiliency and enhances the wellness of LGBT people through treatment programs grounded in the traditions of recovery while incorporating current evidence-based practices.

Our Core Treatment Beliefs:

- Understanding the negative effects of heterosexism
- Holistic approach
- Substance free (abstinence) model
- Developing strengths and resiliency
- Wellness and self-determination
- Cultural diversity
- Social support
- Education
- Evidence-based success
- Trauma informed care
Why LGBT-Specific Treatment?

- Up to **33 percent** of the lesbian and gay population have difficulty controlling their drug or alcohol use. The percentage is higher for transgender individuals.

- LGBT people are **2-4 times more likely** to experience depression and anxiety than heterosexuals.

- Many LGBT people **remain closeted** in mainstream treatment and healthcare settings, reducing potential success in these programs.

- The negative effects of **internalized homonegativity/heterosexism** can be complex and when not dealt with can lead to a cycle of relapse.

We specialize in the treatment of substance abuse, sexual health, mental health issues and their manifestations within LGBT clients. Our treatment program is preferable to “one-size-fits-all” mainstream programs that do not understand or address issues specific to LGBT individuals.

At PRIDE Institute, members of the LGBT community are affirmed and celebrated.
Residential Treatment Program

Our Residential Treatment Program is designed to assist persons in developing the knowledge, skills, and attitudes for long-term recovery. Healthy recovery requires that the use of unhealthy substances and/or behaviors be stopped. PRIDE provides medical monitoring of withdrawal.

All clients at PRIDE Institute are expected to participate in individual, couple, family and group therapies. The primary counselor works with the client to develop a comprehensive treatment plan tailored to the individual needs of the client.

Specialized Group Programming includes:

- Health Education
- LGBT Issues in Recovery
- HIV and Chronic Illness
- Trauma
- Grief and Loss
- Relapse Prevention
- Spirituality
- Coping Skills
- Physical Health and Exercise
- Expressive Arts Therapies
- Tobacco Recovery Education
- Sexual Health Program (see separate section)
- Women’s Support
- Transgender Support

Case Management Assistance

PRIDE Institute is committed to assisting our clients in developing a comprehensive recovery plan which extends beyond the formal treatment stay. A viable recovery plan may include on-going individual/couple/family/group therapy, psychiatric medication management, healthcare maintenance, employment assistance, sober housing, community service, and participation in LGBT-affirming Twelve Step support meetings.
Residential Treatment Program:

- Medically Monitored Withdrawal Management with 24-Hour Medical Staff
- Client-Specific Programming Based on Needs
- Trauma Informed Care
- Holistic, Multi-Faceted Focus on Wellness
- Comprehensive Psychiatric Care for Depression, Anxiety, and Other Needs
- Family Program and Therapies
- Sexual Health Program (see separate section)
- Case Management Assistance
- Unlocked, Residential Facility
- Cognitive Behavioral Therapy with 12-Step Facilitation
- Fly On Us: Reimbursement for Coach Airfare

Location:
14400 Martin Drive, Eden Prairie, MN

Admission Contact:
800-547-7433 or 952-934-7554

Kindred: A Family Program

PRIDE Institute recognizes that LGBT families are diverse and can consist of family of origin, family of choice, or a combination. PRIDE Institute’s Family Programming ranges from less intensive to a 3-day intensive weekend. Each client invites his or her defined “family” to attend the structured education, large-group therapy sessions, or weekend program.
The Sexual Health Program

When Sex and Drugs Mix

The Sexual Health Program is an intensive, clinically based program designed to cover the broad spectrum of sex and sexuality related issues that often co-present with substance abuse.

These can include, but are not limited to:

- Compulsive Sexual Behavior
- Sexual Anorexia
- Sexual Dysfunction
- Sexual Identity Confusion
- Identity-Related Shame
- Sex or HIV-Related Anxiety
- Sexual Obsessions
- Sexual Abuse and Assault
- Internet Compulsion or Cybersex
- Trauma

Residential Sexual Health Program

The Residential Sexual Health Program consists of multiple group therapy sessions per week along with weekly individual therapy. Clients in the Sexual Health Program address sexual health issues in conjunction with substance abuse/dependency.
Intensive Outpatient Sexual Health Program

The Intensive Outpatient Sexual Health Program consists of one group meeting and one individual therapy session weekly. Clients in this program can be seen for the primary sexual health treatment with or without a substance abuse diagnosis through PRISM or PRIDE Institute. Call for current program schedule.

Couple and family therapies are strongly encouraged as are Twelve Step Support meetings for both substances and sex.

AT A GLANCE:

**Sexual Health Program:**
- Only LGBT Co-occurring Sex and Substance Abuse Program in the Nation
- Sex and Relationship Affirming Philosophy
- Inclusive of All Genders
- Outpatient Program Offers Stand Alone Treatment through PRISM

**Locations:**
14400 Martin Drive | Eden Prairie, MN
and
2110 Lyndale Avenue South | Minneapolis, MN

**Admission Contact:**
800-547-7433 or 952-934-7554
Alumni & Friends

The Alumni and Friends group is a component of PRIDE Institute designed to foster a strong, healthy LGBT recovering community through friendships, community service, and sober events (like the Fruit Bowl).

Alumni activities range from weekly support groups, social events, recovery oriented service opportunities, recovery speakers’ bureau, shared hobbies, LGBT/HIV service work, and more.

To be added to the monthly newsletter, simply go online to: www.pride-institute.com
You can also call: 800-547-7433 or 952-934-7554

PRIDE Sober Support Group Meetings

Any LGBT person who is a graduate of PRIDE Institute or any other treatment program is welcome to attend the weekly PRIDE Sober Support Group. The meetings are offered at no cost and participation is not time-limited. Contact 952-353-5931 for current program schedule.

Fly On Us

This program is designed to help offset the costs of getting clean and sober at PRIDE Institute. Clients who successfully complete treatment with staff approval and stay 19 days will be refunded coach airfare expenses up to $750. For complete program details, call 800-547-7433.
Intensive Outpatient Programs

The PRIDE Institute Intensive Outpatient Program (IOP) is an option for clients who have stable living environments, and/or do not require extensive residential programming. For many, IOP is often a “stepdown” following participation in the residential program at PRIDE Institute or at another facility.

AT A GLANCE:

**Intensive Outpatient Program:**
- Morning, Afternoon, or Evening Scheduling: Call for Times
- Individual, Couple, Family, and Group Therapy Options
- Both Trauma and Sexual Health Programming Options
- Cognitive-Behavioral Therapy with 12-Step Facilitation
- Located on Primary Bus Route
- Weekly PRIDE Sober Support Group
- Step-Down Option From Residential Care

**Location:**
2110 Lyndale Avenue South | Minneapolis, MN

**Admission Contact:**
800-547-7433 or 952-934-7554

**PRISM Behavioral Health**

As an affiliate of PRIDE Institute, PRISM Behavioral Health works with clients dealing with depression, anxiety, sexual health concerns, grief and loss, trauma, cybersex, and more. PRISM Behavioral Health is a complementary mental health aftercare program for many clients. For more information, contact 952-353-5931.
Referral Process

When you have a client, employee, or loved one you believe would be best served by an exclusive lesbian, gay, bisexual, and transgender facility, here are the common steps in the professional referral process.

1. Initial Contact
   a. Reach out to your liaison or to 800-547-7433 or 952-934-7554 to help answer initial questions, verify bed availability, and to help make sure the process runs smoothly.
   b. Have your client call PRIDE Institute and speak with our admissions team at 800-547-7433 or 952-934-7554.

2. Assessment
   a. During the phone call, the admissions team will complete an intake assessment including insurance information. This process will collect information for the insurance authorization to begin.
   b. This is usually done over the phone, but can also be face-to-face.
   c. It is common for the admissions staff to reach out to referents to gather background information to support the level of care needed.

3. Insurance Verification
   a. Staff members at PRIDE Institute will contact insurance companies and walk through the assessment. If necessary, additional information will be collected from the client or referent.
   b. When the verification of benefits is complete, the admissions staff will contact the client to explain the coverage and answer any remaining questions.
   c. PRIDE Institute accepts most major insurance companies as well as offers self-pay loan options for qualified clients if needed.

4. Admission
   a. We can schedule admission any day of the week, at any time.
   b. Once on site, clients meet with nursing staff within the first hour and begin programming as soon as possible.
   c. Referents will receive a call upon admission, assuming all releases have been signed.

5. Ongoing communication
   a. We customize our communication with referents. You would work with your liaison to define how often you would like to be contacted in regard to this client.
Licensure
Minnesota Department of Human Services
Minnesota Department of Health

Accreditation
Commission on the Accreditation of Rehabilitation Facilities (CARF)

Memberships/Affiliations
National Association of Lesbian/Gay Addiction Professionals
Employee Assistance Professionals Association
Quorum LGBT Chamber of Commerce
Various local and regional organizations

Resources
PRIDE Institute has spent over 25 years building a database of referrals and resources across the United States. Please contact a member of the outreach team to help connect with services in your area. Call 952-934-7554, ext. 145, for resources.

Our Fly On Us program is one way to help reduce barriers for clients entering PRIDE Institute. If you are considering referring a client, call 800-547-7433 for helpful guidance and support.
Providing the LGBT community a comfortable, safe alternative to traditional treatment programs for over 25 years.

AT A GLANCE:

- LGBT Specific Program
- Dual Diagnosis Licensure
- 24-Hour Nursing Care/Detox
- Serene, Retreat-Like Setting
- Sexual Health Program
- Trauma Informed Treatment
- Highly Educated Treatment Team
- PRIDE Sober Support Program
- Kindred: Family Program
- Accepts Most Insurances

For more specific information on programming, referrals, the admissions process, or bed availability, call:

800-547-7433

More information, including self assessment tools, is available online at www.pride-institute.com.