

## Where to Begin

When you or someone you love needs help, it's often hard to know what to do or where to turn. At Great Lakes Recovery Centers, you'll find caring staff and clinical professionals who understand. We're committed to helping people heal and reclaim their lives. Client confidentiality is absolutely assured.

We welcome self-referrals, calls from concerned individuals and referrals from physicians, other professionals, community and human service agencies.

## Call Today!

1-906-228-7611

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



## Help for Those Who Need it

Great Lakes Recovery Centers provides access to help for everyone who needs it, including those with limited financial resources. Contact us today, toll free. You'll find the warm, understanding and professional assistance you're seeking, along with information about our services and funding options.

## Great Lakes Recovery Centers Adult Residential Services

241 Wright Street  
Marquette, MI 49855  
Ph: (906) 228-7611  
Fax: (906) 228-8156

## Locations Served



### Outpatient Services:

<b>Escanaba</b> (906) 789-3528	<b>Ironwood</b> (906) 364-7506	<b>Munising</b> (906) 387-3626
<b>Hancock</b> (906) 482-7710	<b>Ishpeming</b> (906) 485-2347	<b>Negaunee</b> (906) 228-4692
<b>Iron Mountain</b> (906) 774-2561	<b>Manistique</b> (906) 341-2244	<b>Newberry</b> (906) 293-1622
<b>Iron River</b> (906) 265-3844	<b>Marquette</b> (906) 228-6545	<b>Sault Ste. Marie</b> (906) 632-9809
		<b>St. Ignace</b> (906) 643-0944

### Residential Services:

Adult Residential:	(906) 228-7611
New Hope for Men:	(906) 635-5542
New Hope for Women:	(906) 632-2522
Youth Residential:	(906) 228-4692

**Licensure:** Great Lakes Recovery Centers, Inc. is state licensed and accredited by CARF (Commission on Accreditation of Rehabilitation Facilities). We are also HIPAA compliant (Health Insurance Portability and Accountability Act); GLRC, Inc. actively protects the confidentiality and privacy of our clients.

**Funding:** We are a non-profit, non-denominational, 501 (c)(3) corporation.

### Special Acknowledgements to:

The United Ways of Marquette, Delta and Dickinson Counties, the United Way of the Eastern U.P. and the Gogebic Range.



## Adult Residential Services



*Residential substance use disorder treatment, social detoxification and relapse prevention services for men and women.*

## A Therapeutic Environment

Great Lakes Recovery Centers' Adult Residential Services is a barrier-free, fully accredited treatment center serving male and female clients eighteen and older. We've been offering quality substance use disorder treatment and relapse prevention services since 1973.



Clients live and work together in a close knit environment. With separate wings for men and women, clients come together to share meals and attend therapy sessions. The building is safe and secure, but is not locked down.



Located in scenic, rural, Marquette, Michigan, clients enjoy easy access to natural resources such as the Lake Superior shoreline, Presque Isle Park and miles of biking and walking paths. At the same time, Marquette is home to Marquette General Hospital, Northern Michigan University, a large YMCA facility and many of the cultural and educational resources that one might find in an urban setting.



## Personalized Recovery Services

### Treatment Includes

- Comprehensive client assessment, including substance use, physical & mental health and coordination of medical services
- Designated counselor and individualized treatment plan for each client
- Individual and group therapy sessions
- Relapse prevention programming, case management & transition planning services, 12 step meetings
- Regularly scheduled on-site physician consults
- A full-time medication manager on staff

### Individual Treatment

Our counselors begin by helping each client pinpoint important issues related to their addiction and life history.

### Transitional Planning

From the first day of treatment, residents are planning for their return home. Our goal is to help everyone obtain access to the care and assistance they'll need, including employment, housing, family support, and follow-up medical and/or behavioral health care.

### Group Therapy

Group therapy sessions are facilitated by qualified staff members and conducted daily. Clients focus on acquiring new living skills and learning to put them into practice

Our group programs include:

- Intensive Relapse Prevention
- Family Inneractions
- Dialectical Behavioral Therapy (DBT)
- Life Skills Development
- Thinking for a Change
- Anger Management
- Physiology of Addiction
- Vocational Education
- Men's & Women's Support and Processing Groups
- Cultural Diversity & Therapy sessions
- Acceptance & Commitment Therapy
- 12 Step Study Group



## Continuing Care

Clients often arrive with serious medical issues. On-site consultations and exams are conducted regularly by our affiliated physicians.



## Recreational Therapy and Community Involvement

Healthy exercise is an essential part of a well-rounded recovery. Residents are encouraged to play volleyball, basketball, horseshoes, hike or just stroll along Lake Superior, which is two blocks away. We also offer women's yoga to exercise a healthier spirit and body.

We also believe in the healing effects of giving back to the community and helping others. Our clients participate in a wide variety of civic and charitable activities



## 12 Step Support Group

Our program supports the twelve-step recovery movement and weaves its principles into much of what we do here. We urge our clients to attend AA and NA meetings during treatment.