

Our Philosophy

Engagement, Intervention, Empowering Lives

Alcoholism and chemical dependency are considered primary, progressive, predictable, and chronic illnesses. Unless and until something intervenes in the course these illnesses take, they can cause significant problems in all areas of life – emotional, physical, spiritual, social, relational, educational, and vocational. Each individual can learn to manage this disease and to achieve better balance in their lives through healthy, sober living.

At Lakeside Recovery our goal is to provide the best evidence-based interventions and treatments for these illnesses. We will engage with our patients as a team. We will strive to provide exceptional care that addresses the needs of each patient, wherever they are in their personal recovery. We will work towards this goal in the most professional, efficient, and cost-effective manner possible.

“We offer support and promote a positive healing environment for each patient and their families.”

The multidisciplinary team at Lakeside Recovery works to share knowledge and strengths. We offer support and promote a positive healing environment for each patient and their families. Patients will be treated as individuals, and each individual's unique and varied challenges will serve as the targets of their treatment. Our staff will work to inspire patients and the people who support them. We encourage full involvement in our program by patients and their families. Through full, active participation, we believe that patients will feel empowered to improve the quality of their lives. Lakeside Recovery offers recovery resources that include education, medication-assisted treatment, thorough and ongoing evaluations and assessments, group therapy, family programs, individual sessions, process groups, and therapeutic recreation.

Lakeside Recovery is committed to bringing a better understanding of the disease process – and its effects on the individual and families – to the community as a whole. We believe that Lakeside Recovery can do this through our foundational philosophy of engagement, intervention, and empowering lives.



Equal Opportunity in Service Delivery

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identity, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

For more information, questions, referrals, assessments and admissions, please contact the Lakeside Recovery Referral Coordinator, Monday - Friday, 10am - 4pm:

**NCHC Wausau Campus
Lakeside Recovery
Referral Coordinator
715.848.4483
1100 Lake View Drive
Wausau, Wisconsin 54403**

NCHC Crisis Center Available 24/7

If you are experiencing an emergency, crisis or are in need of Ambulatory Detoxification Services, please call North Central Health Care Crisis Center:
715.845.4326 or 1.800.799.0122
Hearing Impaired/TDD Line 715.845.4928 (Wausau)



North Central Health Care

Person centered. Outcome focused.

www.norcen.org

BEHAVIORAL HEALTH



North Central Health Care

Person centered. Outcome focused.

Lakeside Recovery

SUBSTANCE ABUSE TREATMENT



**Hope, Treatment & Recovery
in a Safe, Supportive Environment**

*Serving Residents in the Counties of
Marathon, Langlade and Lincoln*



North Central Health Care

Person centered. Outcome focused.



Lakeside Recovery Substance Abuse Treatment & Recovery

North Central Health Care offers state certified, medically monitored treatment services in a safe, sober environment that supports substance abuse and addiction recovery.

Lakeside Recovery is a 21-day program operated 24-hours a day in a community-based setting located on the shores of Lake Wausau on the 17-acre North Central Health Care Campus. The program provides observation, monitoring, and treatment by a multi-disciplinary team under the supervision of a physician. Services are available to residents in the counties of Marathon, Langlade and Lincoln.

Lakeside Recovery Provides a Safe, Sober and Supportive Environment

Each person's recovery is unique to their situation, and each person deserves a safe, sober, and supportive environment so they may recovery effectively. Lakeside Recovery offers a 21-day, residential environment that allows individuals to receive medically monitored treatment needed for their recovery.

Treatment programs include a multi-disciplinary approach to recovery including techniques such as:

- Group Therapy
- Individual Therapy
- Substance Abuse Education (Alcohol and Other Drugs)
- Co-Occurring Mental Health and Substance Abuse Education
- Art Therapy
- Introduction to Community-Based Recovery Groups

Referrals for Care

Participants may be referred to Lakeside Recovery from a physician, therapist, or self-referral. During the initial assessment process, all participants discuss desired changes they would like to make in their life and throughout recovery.

The first step in recovery is cleansing the body of substances through detoxification. This process may take place at a North Central Health Care detoxification program on the Wausau Campus, or a primary care or general hospital.

Getting Started

Call our Lakeside Recovery Referral Coordinator, a dedicated professional available to assist you with the enrollment process. The Referral Coordinator will help you complete any necessary paperwork.

After the Referral Coordinator completes a plan for your stay, you will be contacted for admission. Admissions are prioritized based on the levels of need and priority placement for those meeting requirements.

Contact the **Referral Coordinator** with any questions on how to get started: **715.848.4483**.



Continuum of Care

Proper treatment for substance abuse and addiction is key in the recovery process. Treatment may incorporate counseling, training, and educational services with a variety of treatment approaches and techniques. The length of each person's treatment varies based on their need and rate of progress.

North Central Health Care has developed several levels of programming to best meet each person's individual needs throughout their recovery.

Upon completion of the Lakeside Recovery Program, individuals will have a customized care plan that may incorporate other programming within the North Central Health Care continuum of care to ensure successful recovery.

- Lake View Community-Based Residential Facility (CBRF)
- Substance Abuse Intensive Outpatient Program
- Substance Abuse Day Treatment
- Outpatient Services
- Community Treatment
- Community Corner Clubhouse

