



drifens™

*Residential Substance Abuse
Treatment Designed For
Professional Women*

Letter From the Founding Team

Drifens (an anagram for “friends” and “finders”) was conceived from a story written by our founder about personal transformation. We came from varied backgrounds but were all united in a mission to “treat the whole person through time, well beyond the immediate and limiting substance abuse or addiction.” Each member of the clinical team has extensive experience working with 12-Step facilitation. We have spent two years expanding upon this proven foundation (with the use of motivational interviewing and cognitive behavioral therapy) to provide the breadth of programming options necessary to satisfy the professional woman seeking recovery.

Oriented around the principles of compassion, humility and inclusion, our team brings years of experience in providing services to women and professionals. We understand the professional’s strengths are sometimes used to limit rather than support their personal insight, understanding and choices. This paradox often results in fighting against or avoiding the inevitable underlying issues that need resolution including addiction, depression, anxiety or other mental health concerns that often occur together.

While professionals have many things in common, each has unique life experiences and circumstances that impact their readiness to change. Some may find it hard to contemplate a day (let alone a life) without drinking or chemicals. Others may be prepared to make a commitment to sobriety. Still others may be struggling with life’s transitions and find maintaining recovery problematic. We bring together best practices in addictions and mental health to develop highly personalized treatment that gets to the roots of each individual’s addiction.

Our team shares a common view that the solution to each woman’s recovery can be found within herself. Recovery often begins with the understanding that life is worth the investment and risks of treatment. If you seek a demanding but compassionate exploration of the factors that led to your addiction and are interested in developing the tools that will guide you through life with greater hope and freedom of choices, please contact us.

The founding team of Drifens...

Dunk *Carla* *Molly*

About “Professional Women”

A broadly defined group of individuals that is intelligent, underserved and very interested in treatment program features that include:

- ▲ Active client involvement in the design, participation, and ownership of their recovery plan with their counselor.
- ▲ Tailored therapeutic delivery to the unique situation of the individual.
- ▲ Flexibility in length of treatment stay(s) to allow for earlier and more sustained interventions and therapy.
- ▲ Creative options for post treatment services that may include returning for additional care.
- ▲ Well defined measures of progress in personal recovery during and following treatment.

Treatment Options

Our home-like facility and programming have been designed to serve professional women in recovery from addiction and possible co-occurring mental health concerns. We offer a highly individualized thirty-day primary care treatment program. Clients often benefit from spending additional time in a healthy therapeutic environment following the completion of primary care. We are pleased to also offer extended care options (including longer stays or direct placement from other programs that may be 90 days or longer) based on the individual’s diagnosis, assessment and treatment plan objectives.

Location

Ivy Lodge has been restored to preserve its historical significance and comfortably accommodate up to sixteen women. The retreat-like estate is located in a picturesque and private 4.4 acre wooded setting, but is within five minutes of Rochester’s medical centers. Dr. Charlie Mayo was a gifted healer; this was his family home and we hope that it will also feel like home to you. Feel free to bring your special pillows or blanket.



Mission

Our mission is to “treat the whole person through time well beyond the immediate and limiting substance abuse or addiction.” We recognize that all persons seeking recovery have many aspects in common, including their addiction. We appreciate most women respond to therapeutic environments that offer a balance of diversity and similarity with others in treatment.

Philosophy

We use a few important universal philosophical and operating principles to guide our program delivery and our day-to-day interactions.

Philosophical Principles

- ▲ Willingness to return “Love for Hate” – Compassion
- ▲ Openness to “Include the Excluded” – Inclusion
- ▲ Ability to admit I have made a “Mistake” – Humility

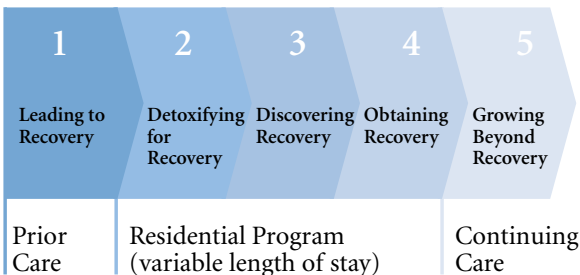
Operating Principles

- ▲ An unwavering commitment to integrity
- ▲ A willingness to experiment and change
- ▲ An eagerness for personal development
- ▲ An ability to maintain a sense of balance
- ▲ A keen focus on delivering results

Treatment Phases™

Each person facing the challenges of recovery recognizes the need for change in various ways and at different points in her life. As a part of treating the “whole person through time” we have designed five treatment phases that are integrated with our treatment activities and programming. The phases of a “residential stay” are two through four. Professionals who seek recovery support earlier or following a residential stay can do so by participating in Drifens treatment activities specifically designed for phases one and five.

Through Time (not drawn to scale)



Building Blocks™

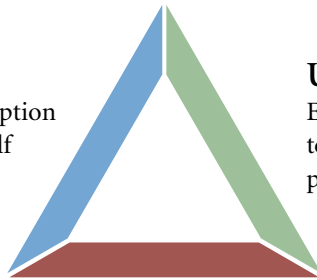
Drifens has created six “building blocks” to support the delivery of our programming. These building blocks were developed from extensive research, life experiences and discussions. We reviewed philosophical, psychological, theological, and spiritual traditions spanning time and cultures. A powerful discovery for us all was that the more we studied a myriad of perspectives, techniques and tools the more commonalities we found.

Personal Objectives™

Three Personal Objectives – Supported by learning

Assessing

Increase perception
accuracy of self
and of others



Understanding

Expand capability
to relate to differing
perspectives

Choosing

Experience the freedom in making
wise personal choices

Common Characteristics of Personal Objectives

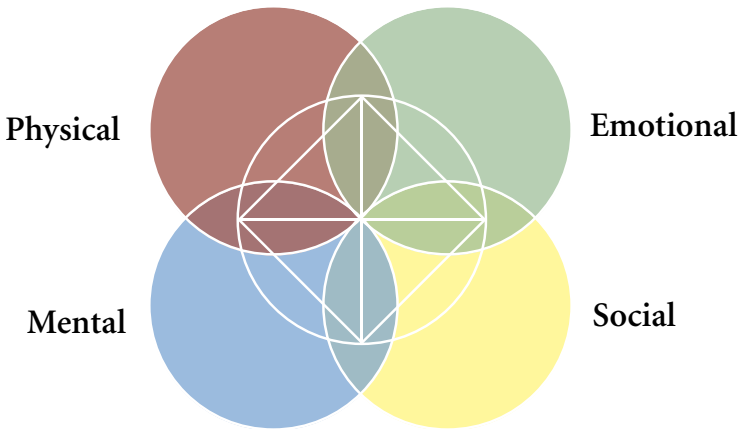
- ▲ Easy to conceptualize and understand
- ▲ Require no formal training to apply
- ▲ Subject to personal interpretation and comparison
- ▲ Naturally dynamic and fluid through time
- ▲ Highly related and interdependent
- ▲ Measurable in a variety of methods (numerical, scales, spatial, etc)

Personal Elements™

Our review of the common aspects of the human experience also showed a commonality in what it means to “be a whole person”. The most common aspects were identified as “Personal Elements” and they included physical, emotional, mental, and social. We created a “mandala design” symbolizing this interdependence of personal elements that culminates with the sacred geometrical shape of the circled-square. The intersection of these can conceptually be represented as “whole person” spirituality.

Whole Person

(with spirituality integrating all four Personal Elements)



Each person is truly unique with a variety of evolving perspectives, changing skills and dynamic individual experiences that have shaped who they are and who they are becoming. There have been many useful efforts within the fields of psychology, philosophy and spirituality to shed light on the complex, fluid and interrelated process of being human. We have developed two complimentary concepts called personal elements and their factor levels. These are helpful in developing insights for personal recovery and growth.

Our Program Selections

Our twelve custom designed programs allow for greater depth, exploration, balance and experiences. Treatment planning incorporating these programs is highly individualized and designed side by side with each client.

12-Step Facilitation: Designed for the professional women using the principles of Alcoholics Anonymous (AA). AA and its sister programs (Narcotics Anonymous/NA, Overeaters Anonymous/OA, etc.) have proven to be a solid basis of recovery for many. This program recognizes that some professionals may benefit from an opportunity to evaluate why the program may/may not have worked for them. Each woman will be encouraged to explore the principles, steps and tools in individual sessions, group programming and community meetings. This provides ample opportunity to realize the inherent benefits of fellowship while individualizing those enduring aspects of the program that may work best for her.

Mindfulness: Learning to be present, practicing self observation, the art of personal balance, and experimenting without techniques are key areas in this program. This approach expands the opportunity to fully experience emotions, rather than deny or repress them.

Transition and Adaptation: Transition and Adaptation is an extensible program that focuses on distinct but related issues: recovery from loss, managing change and viewing change as an opportunity for personal growth.

Wellness and Body Image: Wellness and Body Image is an ideal program for chemically dependent professional women seeking a high performance body and mind. Stress reduction and relaxation, maintaining a balanced lifestyle, developing a positive body image, and managing eating issues during recovery are four of the areas addressed in this program.

Personal Growth and Integration: Understanding chemical use, growing through ups and downs, balancing roles and responsibilities and recovering spiritually through life are they key areas of this program. Clients will be asked to explore lifestyle roles with respect to values, beliefs, expectations, priorities and goals.

Family & Relationship Skills: Throughout treatment, clients are encouraged to maintain contact with family members, build relationships and invite them to weekly family programming. Understanding relationship dynamics, building family relationships, accepting family's role in recovery, and educating their support structure in chemical dependency are key issues to address for successful family recovery.

Relapse Prevention: Drifens recognizes that relapse is not a single event but a series of options and choices that can lead to the decision to use chemicals as a way of coping. This program focuses on exploring healthy alternatives to chemical use with an emphasis on using constructive support networks and moving towards enjoying sobriety, rather than merely avoiding chemical use.

Innovation & Creativity: This program encourages the professional woman to utilize her innate creativity in her everyday life and professional environment. We also explore creative options for dealing with stress and anxiety, two common factors in relapse. Program component areas include: rediscovering creativity, creating new beginnings, experimenting with techniques, and bringing innovation to the workplace.

A Woman's Quest: Being a professional woman, exploring my identity, understanding communication, and overcoming fears of intimacy are the four components of this unique program. A woman's willingness to explore and often rediscover the full extent of how emotions have impacted her, and could positively be experienced in her future, will be explored in-depth.

Professional Skills and Leadership: We will explore, work with, and learn new leadership concepts and skills to find more constructive balance in recovery. These aspects of growth will be reinforced and enhanced during our professional lecture series where we bring in leading professional women (and men) to share their stories of recovery, leadership and personal growth.

Continuing Care and Support Systems: Healthy relationships are a key component in the recovery process. The client is asked to assess existing relationships to determine their place in her new life. Program focus areas include: assessing relationships through time, asking for support constructively, and maintaining & developing support systems.



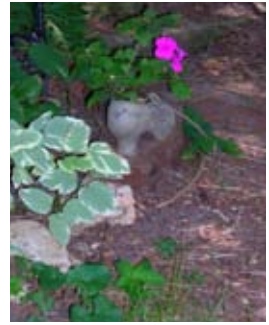
Recreation: Recreational programming provides individuals an opportunity to learn and participate in activities that she can enjoy in a safe and sober environment. From horseback riding to walking along nature's finest paths, we will have fun!

We appreciate that clients respond to alternative approaches and we work together to incorporate best practices which include: 12-Step Facilitation, Motivational Interviewing and Cognitive Behavioral Therapy delivered using client centered counseling.

Summary of Features Offered

Treatment planning, length of stay, and program choices are highly individualized and designed side by side with each client. Personal goals, factors and length of treatment determine each individual's program selections and depth of exploration.

- ▲ Counselor to client ratio allows for 3 hours of individual counseling per week
- ▲ Encourages enhanced personal development skills which can be used throughout life
- ▲ Offers a safe, intimate and confidential personal recovery environment
- ▲ Located on a private and beautiful 4.4 wooded acres in Rochester
- ▲ Warm, safe and inviting home to work on recovery and personal development
- ▲ Close proximity to Rochester medical centers to accommodate health concerns



Focuses on treating the whole person through time well beyond the immediate and limiting substance abuse or addiction

- ▲ Recognizes that addiction is an important factor, of many, in one's recovery
- ▲ Licensed psychiatrist and psychologists available to assess/treat co-occurring disorders

Designed and delivered by a professional staff to meet the needs of professional women

- ▲ Staff has worked together for two-years researching and developing programming to meet the needs of professional woman
- ▲ Twelve customized programs including: 12-Step Facilitation, Mindfulness, A Woman's Quest, Transition and Adaptation, Professional Skills and Leadership, Family and Relationship Skills (including a weekly family program), Relapse Prevention, etc.
- ▲ Rates are consistent with programs that offer comparable premium treatment and amenity options.

Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30	Journaling	YMCA Recreational Activity Opportunity	Journaling	YMCA Recreational Activity Opportunity	Journaling	YMCA Recreational Activity Opportunity	Journaling		
7:00	Breakfast		Personal Time		Personal Time		Personal Time	Light Breakfast	Personal Time
7:30									
8:00	Personal Time	Light Breakfast	Personal Time	Light Breakfast	Personal Time	Light Breakfast	Personal Time		
8:30	<i>Individual Counseling or Peer Discussions</i>	Mindfulness*	<i>Individual Counseling or Peer Discussions</i>	Mindfulness or Personal Time	<i>Individual Counseling or Peer Discussions</i>	Family and Relationship Skills or Personal Time	Wellness and Body Image		
9:00	Process Group	A Woman's Quest*	Process Group	A Woman's Quest*	Process Group				
9:30								Individual Counseling	Personal Time
10:00	Personal Time	Personal Time	Personal Time	Personal Time	12-Step Facilitation				
10:30	Personal Time	Individual Counseling	Personal Time	<i>Individual Counseling or Peer Discussions</i>	Personal Time	Personal Time	12-Step Facilitation		
11:00								Personal Time	Personal Time
11:30	Personal Time	Individual Counseling	Personal Time	<i>Individual Counseling or Peer Discussions</i>	Personal Time	Personal Time	12-Step Facilitation		
Noon	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
1:00	Relapse Prevention*	<i>Individual Counseling or Peer Discussions</i>	Relapse Prevention*	Professional and Leadership Skills*	Continuing Care & Support Systems*	Recreational Therapy	Recreational Therapy		
1:30	<i>Individual Counseling or Peer Discussions</i>	Transition and Adaptation*	Individual Counseling	Transition and Adaptation*	<i>Individual Counseling or Peer Discussions</i>				
2:00						Personal Time	Personal Time	Personal Time	Personal Time
2:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		
3:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Peer Discussions or Personal Time	Peer Discussions or Personal Time		
3:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time				
4:00	Personal Growth and Integration*	Innovation and Creativity*	Personal Growth and Integration*	Innovation/ Creativity or Personal Time	Individual Counseling	Peer Discussions or Personal Time	Peer Discussions or Personal Time		
4:30	Recreational Therapy	12-Step Facilitation	Recreational Therapy	12-Step Facilitation	Recreational Therapy				
5:00	Recreational Therapy	12-Step Facilitation	Recreational Therapy	12-Step Facilitation	Recreational Therapy	Peer Discussions or Personal Time	Peer Discussions or Personal Time		
5:30	Dinner	Dinner	Dinner	Dinner	Dinner				
6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
7:00	Outside AA/NA Meeting Opportunity	Process Group	Outside AA/NA Meeting Opportunity	Process Group	Outside AA/NA Meeting Opportunity	Professional Lecture Series	Outside AA/NA Meeting Opportunity		
7:30		Personal Time		Personal Time				Personal Time	
8:00	Community Group	Community Group	Community Group	Community Group	Community Group	Community Group	Community Group		
8:30	Community Group	Community Group	Community Group	Community Group	Community Group	Community Group	Community Group		
9:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep		
9:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep		
10:00 -morning	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep		

*Multi-session program format allows clients to explore in more depth or use personal time or other activities per treatment plan

Peer Discussion
 Individual
 Community or Process Group
 Program
 Personal Time
 Meetings

Core Team

Our core team has spent nearly two years in designing the unique programming of Drifens.



Rachel, Jim, Molly, Carla, Mike and Derek

Derek Mazula

Founder, CEO, BA, MBA, (Pursuing LADC)

Michael Van Cleve

Treatment Director, MA, LP, LADC

Carla Holland

Lead Counselor, BS, LADC

Molly Hartman

Counselor, MA, LADC

Kristin Diercks

Paraprofessional, BS, LSW

Melanie Krzebietke

Chef, AA (Le Cordon Blue Culinary Program, Minneapolis)

Michael Palmen

Psychiatric Consultant, MD

Jim Garber

Medical Consultant, MD

Amy Larsen

Medical Consultant, MD

Jane Cooper

Medical Consultant, MD

Rachel Garber

Registered Nurse

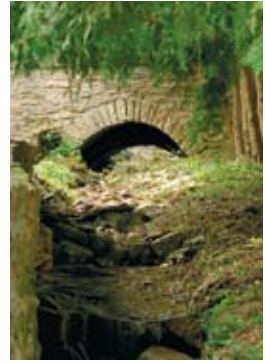
Marion Huselid

Registered Nurse

* LADC (*Licensed Alcohol and Drug Counselor*)

Building a Relationship with Drifens

We believe that recovery is best supported by healthy, caring and constructive relationships. We have designed a process, focused on you, where our team provides guidance and support each step of the way. Your personal information will be treated confidentially in accordance with federal/state laws that will be reviewed and discussed with you.



Inquiry: It all starts with you making that first call to a member of our team. Sometimes this call may be set up by a referral source interested in your recovery. You'll speak with a professional who can answer your questions about "what to expect?", "what comes next?", and anything else on your mind. We realize that this first call is important in forming a relationship built on mutual trust.

Joint Screening: You will continue to work collaboratively with our team during your next step. A team member will speak with you about your medical, chemical and mental health history. This dialogue and screening questions will help us determine what level of care and program services (including those other than Drifens) may be the best fit for you. Based on your personal readiness (in this step as in others) you can make a choice on whether and when to proceed. The results of your personal screening are available to you by asking.

Self Screening: You are closest to your personal history including what has worked, what has not, and what concerns you would like to address in the future. We ask you to provide these confidential insights that will become a part of your assessment and the formation of your individual treatment and development plan. We offer a variety of ways to provide this valuable personalized input which is both safe and secure.

Decision and Preparation:

At this point it should be clear whether there is a shared interest in doing your treatment work at Drifens. Assuming a mutual decision to proceed, and that you are not referred to another program, you will begin the process of preparing for your placement at Drifens. Your counselor and intake coordinator will work with you to schedule your admission, arrange for travel, and gather recommendations on what to pack for your stay.

Please call 507-288-5900 or send an email to intake@Drifens.com for any questions you have regarding our program or individualized treatment and development plan options.

The Setting

We love our location... to both work together and enhance recovery. The Estate of Ivy Lodge is a place of beauty, nature and peacefulness. Our setting has been described as magical with the sounds of wind blowing through the pine trees and the flowing river nearby. We invite you for a tour anytime!



Ivy Cottage

“Best Small City in America”

Rochester enjoys the Minnesota benefits of clean air and four beautiful seasons. Our city has been designated by *Money Magazine* as the “Best Small City” in America due to “the sophistication of a larger metro area, but not the congestion or complications. Rochester merges a cosmopolitan atmosphere with Midwestern hospitality.”



Carriage House

Area Features

We are a few minutes from the Medical Centers of Rochester and shopping at the Apache Mall.

We are 75 minutes from the Mall of America and the many cultural arts that the Twin Cities have to offer including the Guthrie Theatre and the renowned Ordway Theatre.

*Natural Forces within us are the true healers of disease.
-Hippocrates*

A Drifens Tale

Drifens was born from a story written by its founder about personal transformation. The name “Drifens” is an anagram for “friends” and “finders” both central to our mission. The single illustration and text below is a preview of our soon to be published story, *A Drifens Tale™*, about a white mouse named Drifen.



“There was a white mouse named Drifen that lived in a hollow log in a large field. Drifen had a cozy home, plenty of food and a restless feeling inside.”

Written by Derek Mazula,
Illustrated by Sarah Rose



drifens™

Contact Information

Drifens at “Ivy Lodge”

3716 Mayowood Road

Rochester, MN 55902

507-288-5900

intake@Drifens.com

www.Drifens.com