

**GOODHUE COUNTY  
HEALTH & HUMAN SERVICES (GCHHS)**



**REQUEST FOR BOARD ACTION**

<b>Requested Board Date:</b>	May 20, 2025	<b>Staff Lead:</b>	Nina Arneson
<b>Consent Agenda:</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<b>Attachments:</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Action Requested:</b>	Approve Goodhue County HHS Letter of Support for River City Therapy Center.		

**BACKGROUND:**

[River City Therapy Center](#) is in the process of adding a substance use treatment component to their existing Youth Rehabilitative Program at 4911 Learning Lane, Red Wing, MN 55066. Please see attached letter from River City Therapy Center.

As part of this process, it will include obtaining a letter of support from the service area. Attached, please find a draft letter of support from GCHHS for River City Therapy Center per their request.

**RECOMMENDATION:** GCHHS Department recommends approval as requested.

# Fax Transmission

**To:** Goodhue County Health and Human Services, At

**From:** River City Therapy Center

**Fax:** 16512674877

**Date:** 4/20/2025 2:54:04 PM CDT

**RE:** Notice of Intent to Provide SUD Services

**Pages:** 3

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## Comments:

Please see the attached letter indicating our intent to add substance use services to our current program.



## Advancing Behavioral Solutions

4911 Learning Lane  
Red Wing, MN 55066  
(O): 651-360-3202  
(F): 651-369-2833  
rivercitytherapycenter.org

### Notification of Intent to Provide SUD Treatment in Established Intensive Program

Date: 04/20/2025

To: Nina Arneson, Director of Health and Human Services  
Goodhue County Health and Human Services

Dear Nina,

Pursuant to the requirements under Chapter 245G, this letter serves as formal notification of our intent to add a substance use treatment component to our existing Youth Rehabilitative Program, provided in partnership with Goodhue County Court Services.

#### 1. Background on the Existing Youth Rehabilitative Program

The Youth Rehabilitative Program, grounded in early intensive multisystemic therapy (MST), has been successfully implemented to support youth referred by Goodhue County Court Services. Our mission is to keep youth in their local communities, homes, and schools while promoting public safety and reducing criminal activity.

The program operates across four progressive phases, designed to address individual, family, and community-level needs:

- **Phase 1: Assessment and Pre-Enrollment (4-8 weeks):** Includes comprehensive medical and behavioral evaluations, development of individual treatment plans (ITPs), and pre-enrollment activities to build rapport and prepare youth and families for intensive interventions.
- **Phase 2: Intensive Day Treatment (6-8 weeks):** A structured, center-based program running 34 hours weekly that focuses on teaching social and coping skills, addressing problematic behaviors, and fostering positive peer and family interactions.
- **Phase 3: Generalization (8-10 weeks):** Transitioning learned skills into home, school, and community settings, with continued therapy and family support to reinforce progress.
- **Phase 4: Maintenance (4-6 weeks):** Gradual reduction of therapeutic support while ensuring skill retention and family self-sufficiency.

Throughout all phases, the program integrates individual therapy, family counseling, group activities, and skills training. Emphasis is placed on creating sustainable routines, effective communication strategies, and strong support systems for the youth, caregivers, and community.

#### 2. Description of the Proposed Substance Use Treatment Component

Building upon the framework of our Youth Rehabilitative Program, the new substance use treatment component will address the specific challenges faced by adolescents aged 12 to 18 who are either experiencing substance use issues or are at risk of developing them. This component will include:



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- **Individualized Substance Use Assessments:** Tailored evaluations to determine the nature and extent of substance use and associated risks.
- **Evidence-Based Therapy:** Focused individual and group sessions utilizing proven methods to support recovery and prevention.
- **Education and Prevention Workshops:** Covering topics such as smoking, drinking, vaping, peer pressure, and the importance of education and healthy lifestyles.
- **Family Engagement:** Parent and family counseling to strengthen home environments, improve communication, and support long-term behavioral change.
- **Skill Development Activities:** Programs aimed at fostering healthy coping mechanisms, promoting accountability, and encouraging positive social interactions.
- **Community Integration:** Opportunities for youth to attend AA meetings, engage in therapeutic outings, and participate in constructive community activities.

The goal of this new component is to provide comprehensive, integrated care that not only addresses substance use issues but also supports the broader rehabilitative needs of these youth within their local environments.

### 3. Target Population Description

The program is designed to serve adolescents aged 12 to 18 who are referred by Goodhue County Court Services and are currently on probation. These youth have either demonstrated a history of substance use or are identified as being at high risk of substance abuse. Through this program, we aim to empower youth with the tools they need to overcome these challenges and build a foundation for a healthier, more productive future.

We value the partnership and shared vision with Goodhue County Human Services and welcome any feedback or additional input to ensure that this program meets the needs of our community effectively.

Sincerely,

Kylie Balaun, M.S., LBA, BCBA  
Executive Director  
Advancing Behavioral Solutions;  
River City Therapy Center  
kylie@abs-rctc.org  
651-360-3202



Goodhue County  
***Health and Human Services***

426 West Avenue  
Red Wing, MN 55066  
(651) 385-3200 • Fax (651) 267-4882

May , 2025

To Whom It May Concern:

It is our understanding that Advance Behavior Solutions, [River City Therapy Center](#) is working towards in adding a substance use treatment component to your existing Youth Rehabilitative Programing at 4911 Learning Lane, Red Wing, Minnesota 55066.

The Goodhue County Health and Human Services Board supports the application for this certification, as this would increase access to treatment options in Goodhue County.

If you have further questions and / or concerns, please contact our Health and Human Services Director, Nina Arneson at 651-385-6115 or [nina.arneson@goodhuecountymn.gov](mailto:nina.arneson@goodhuecountymn.gov)

Respectfully,

Nina Arneson MS  
Goodhue County HHS Director

Cc: Kylie Balaun, Executive Director – Advancing Behavior Solutions; River City Therapy Center

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