

OUTPATIENT AND SUPPORT SERVICES

Life-changing recovery with women and families!

SUBSTANCE USE EVALUATIONS
Comprehensive evaluations to assess individual needs and provide treatment recommendations.

INTENSIVE OUTPATIENT PROGRAM
Individual and group therapy three times a week.

OUTPATIENT THERAPY
Individual therapy for ongoing support.

DIALECTICAL BEHAVIOR THERAPY (DBT)
Individual therapy and skills coaching.

COMMUNITY SUPPORT
Provides community resources and case management services.

PEER SUPPORT SERVICES
Individuals with lived experience supporting people on their recovery journey.

Take the first steps today!

Email: admissions@stmonicas.com
Phone: 402-441-3768



RESIDENTIAL PROGRAMS

Life-changing recovery with women and families!

SHORT-TERM RESIDENTIAL

Intensive inpatient care in a structured 60-day setting focused on stabilization and recovery.

THERAPEUTIC COMMUNITY

Secondary program, offering 4–6 months of structured residential care focused on developing healthy living habits and successful community reintegration.

MOMMY & ME PROGRAMS

4–6 months of structured residential care for women with dependent children, supporting recovery while strengthening the parent–child bond.

AFFIRMING WOMEN'S EMPOWERMENT

Offers 4–6 months in a structured halfway house, supporting ongoing recovery, stability, and positive community reenty.

HONORING EVERY RESIDENTS RECOVERY

Collaborative Living Program providing ongoing community-based support to help individuals maintain recovery and stability as they live independently.

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