

Criteria for Admission

Regular stimulant use within the past 12 months. Cocaine or methamphetamine can be a client's primary, secondary or tertiary substance of choice

Be 18 years of age or older

Primary consideration for admission will be given to residents of Linn, Benton and Jones counties

Assessments from a licensed substance abuse provider recommending treatment for a methamphetamine or cocaine addiction will be referred to the Novus Center for consideration of admission



United Way
of East Central Iowa

The Novus Center logo symbolizes a new beginning for individuals seeking treatment for an addiction to methamphetamine or cocaine. Novus is Latin for "New".



**Providing Innovative
Stimulant-Specific
Treatment Solutions for
Clients and their Families**

**A Program of the Area
Substance Abuse Council**

210 Second Street SE
Suite 500
Cedar Rapids, Iowa 52401
(319) 364-0587

Novus Center

The mission of the Novus Center is to provide clients with the tools they need to live a substance free life-style. We are dedicated to empowering clients to reach recovery through the use of individual, group, and family interventions. We guide our clients to make healthy decisions, connect with area resources, and establish support networks.

The Novus Center is supported by a federal grant awarded to the City of Cedar Rapids. The program was developed in response to the need for methamphetamine treatment in Linn, Benton and Jones counties. In 2008 the program was expanded to also address cocaine addictions.

Assessment

The Novus Center offers a thorough evaluation of a person's use of substances to determine if treatment is warranted, and if it is, at what level of intensity. We work to ensure that each client is placed in the most appropriate, cost-effective treatment level. The Novus Center offers same day or within 24 hour appointments.

Treatment Services

At the Novus Center we utilize a "whole person" approach to substance abuse treatment. We take into consideration an individual's entire life circumstances and personal needs. ASAC also encourages the involvement of family during a client's treatment and recovery.

Treatment Costs

Our fees are established on a sliding scale based on family size and income. We work with insurance companies regarding service coverage and accept Title 19 funding. At the Novus Center no one is turned away due to inability to pay.

Program Services

Extended Outpatient Treatment

Usually a client participates in extended outpatient treatment for eight to twelve weeks. It is a self-paced treatment program that includes both group and individual counseling sessions.

Matrix Outpatient Treatment

This sixteen week program is designed to meet the needs of most of the Novus Center clients. Persons with a methamphetamine or cocaine addiction most often require this level of outpatient treatment. Clients participate in either daytime or evening groups that meet 90 minutes a day, two times a week, plus a 90 minute family group. The curriculum is based on the Matrix Model; a specialized treatment approach for stimulant users. In addition to the Novus Center, intensive outpatient groups will also be offered in ASAC's Vinton and Anamosa offices.

Residential Treatment

Clients who are assessed to need 24-hour care to remain substance free will be referred to ASAC's Adult Residential treatment program. The program serves both adult men and women. It is located on ASAC's main campus, 3601 16th Avenue SW, Cedar Rapids, Iowa, 52404.

Continuing Care

For clients who have successfully completed residential or outpatient treatment, this level of care provides on-going support to assist clients in their recovery. It consists of one social support group per week and individual sessions as needed.

Case Management

Case management services are available to help a client remain in treatment and access community resources. These services are provided to remove barriers to a client's success in the treatment and recovery process.

Medical/Mental Health Assessments

As part of the assessment and intake procedures, client will receive both a medical assessment and a mental health assessment. Referrals will be made to local medical and mental health providers to address any identified needs.

Transportation

The Novus Center is conveniently located in downtown Cedar Rapids. It is easily accessible by the city bus system. Depending on financial need, bus tokens and parking validations may be provided.

Child care

Child care assistance during treatment programming is available upon request.