



# Council Bluffs

## Comprehensive Treatment Center Opioid Use Disorder Program

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1750 West Broadway, Council Bluffs, IA 51501

Council Bluffs Comprehensive Treatment Center (CTC) is the second of 2 opioid treatment programs in the state of Iowa that are owned by CRC Recovery, Inc. The first location is in Cedar Rapids and opened in 2013.

Council Bluffs CTC provides outpatient medication-assisted treatment (MAT) to adults age 18 and older who are struggling with an addiction to heroin, prescription painkillers, or other opioids.

It is an honor to be a resource for the members of our community whose lives have been disrupted by opioid addiction. Our team provides world-class care that puts adults on the path to long-term recovery from opioid use disorder and addiction. We understand how daunting these challenges can be, but we continue to prove that we can make a significant positive difference in the lives of individuals and families throughout our community when we work together.

Medication-assisted treatment includes both a medical and a therapeutic component. Patients follow a collaborative and personalized treatment plan that is established based on a thorough assessment of their unique strengths, needs, and goals.

The medical component of treatment involves the closely supervised use of prescription medications that allow patients to stop using opioids without experiencing the cravings, physical pain, and psychological distress that are characteristic of opioid withdrawal.

Patients at Council Bluffs CTC receive a prescription for methadone, buprenorphine, or naltrexone (Vivitrol). Each medication is approved by the U.S. Food and Drug Administration (FDA) for use within medication-assisted treatment programs. The safety and effectiveness of these medications when used as directed under the supervision of a qualified healthcare provider has been documented in numerous research studies.

The therapeutic component of treatment at Council Bluffs CTC includes individual and group therapy. During regularly scheduled individual and group sessions, patients can address the issues and challenges that may have contributed to their opioid use. Therapy is a key component in helping patients make and maintain the lifestyle changes that will support successful long-term recovery.

Council Bluffs CTC is located at 1750 W. Broadway, Council Bluffs, IA. Our clinic director, Lynne Carroll, RN, can be reached at (712) 215-6588. For patient inquiries, contact us at (855) 743-2289.

