

Why Choose Us?

Foundations Minnesota provides personalized addiction and co-occurring mental health treatment that can help adults rebuild their lives and relationships through structured, compassionate care. Whether you're just beginning your recovery or stepping down from residential treatment, we can meet you where you are with flexible programming and dedicated clinical support.

We Offer

- Intensive Outpatient Programs (in-person or virtual)
- Partial Hospitalization Programs

What Sets Us Apart

- Compassionate, experienced clinicians
- Flexible day and evening programs
- Dual diagnosis treatment (substance use and mental health)
- PRIDE Program: Specialty LGBTQ+-centered care
- Two convenient locations in Eden Prairie and Minneapolis

Find Your Path to Recovery

Two locations to serve you in Eden Prairie and Minneapolis.

Foundations
MINNESOTA

Eden Prairie

14400 Martin Drive • Eden Prairie, MN 55344

Foundations
MINNESOTA

Minneapolis

2101 Hennepin Ave S #202 • Minneapolis, MN 55405

Foundations
MINNESOTA

foundationsminnesota.com

Call us today at 952-592-3100
to schedule a level-of-care assessment
and learn which program may right for you.



Physicians are on the medical staff of Foundations Minnesota, but, with limited exceptions, are independent practitioners who are not employees or agents of Foundations Minnesota. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations, and the nondiscrimination notice, visit our website. 254757000-4758386 12/25

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Individualized Addiction
Recovery Plans Designed
for Your Specific Needs

Compassionate, evidence-based outpatient care for adults 18+ facing substance use and co-occurring mental health disorders

Treatment Options

PARTIAL HOSPITALIZATION PROGRAM (PHP)

Partial Hospitalization (Day treatment) combines structure, therapy and support while allowing patients to return home in the evenings.

INTENSIVE OUTPATIENT PROGRAM (IOP)

Flexible day or evening sessions for those balancing recovery with work, school or family responsibilities.

VIRTUAL IOP

Attend therapy sessions online with the same licensed clinicians who guide in-person programs.

What We Treat

Our clinical programs are designed for adults 18 and older who are managing:

- Substance Use Disorders
- Co-occurring Mental Health Disorders (Dual Diagnosis)

Treatment Components

- Individual, group and family therapy
- Evidence-based practices like Cognitive Behavioral Therapy and Dialectical Behavior Therapy
- Trauma-informed approach to care
- Holistic and experiential therapies

What to Expect

Every patient begins with a level-of-care assessment to determine the most appropriate treatment path. From there, our team helps you:

- Develop a personalized treatment plan
- Access therapy and treatment modalities that can work for your life
- Build coping skills for long-term success

Support Beyond Treatment

Our alumni and family programs help you stay connected and supported throughout your recovery journey.

Insurance & Payment

Foundations Minnesota accepts Minnesota state insurances and most major commercial insurance providers. Other forms of payment are available. Call 952-592-3100 for details.



Specialty LGBTQ+-Centered Program

Foundations Minnesota in Minneapolis offers the PRIDE Program, specifically for adults seeking inclusive, identity-affirming care. Our specialty programming has over four decades of providing structure, support and connection for LGBTQ+ individuals who are seeking recovery from substance use and co-occurring mental health disorders.

Members of the LGBTQ+ community often face unique challenges around trauma, addiction and mental health. The PRIDE Program at Foundations Minnesota offers a welcoming, affirming environment and the tools you need to support whole-person healing: mind, body, and identity.

Our specialty program provides compassionate, evidence-based care for substance use disorder in a nurturing environment. Here, recovery is rooted in acceptance, understanding and the freedom to be your authentic self.

Foundations Recovery Network: A Nationwide Network Supporting Long-Term Recovery

Foundations Minnesota is a proud member of Foundations Recovery Network, a national network of treatment facilities that delivers evidence-based, patient-centered treatment. Our mission is to empower individuals to find their unique path to recovery from addiction and co-occurring mental health disorders so they can achieve lasting connection and stability in a recovery-focused life. Through a commitment to clinical excellence, we partner with individuals on their recovery journey by providing individualized care designed to actively remove barriers and embrace diverse pathways to healing.

For more information, visit foundationsrecoverynetwork.com.

