

You can live free

At Ten16 Recovery Network, we promote recovery and wellness at every stage of substance misuse through shared experience, proven steps and supportive accountability.

We offer a range of substance misuse and addiction prevention, treatment and support services in Central Michigan, and we know that recovery is possible.

Whether you're ready to talk about treatment, just want someone to listen or are concerned about a loved one, Ten16 is here for you. No pressure, no shame and no judgment.



Our locations

Big Rapids

231.527.2000

Clare

989.802.0742

Gladwin

989.426.8886

Midland

Outpatient/Administration: 989.631.0241

Residential Program: 989.835.3466

Mt. Pleasant

989.817.7915

Saginaw

989.907.2761

Standish

989.426.8886 ext: 1060

Additional Locations

Alma, Harrison, Bay City South and more!

Ten16 is an equal opportunity provider.
Prevention services are generously supported by
local, state and federal funding.



LIVE FREE

TEN16
recovery network



Free and clear

Ten16 helps people who want to live free from relying on alcohol or drugs, meeting them where they are and helping them move forward. We believe recovery-focused, abstinence-oriented treatment and support offers the best opportunity for sustained recovery and improved quality of life. We also equip families for their role in the recovery process.

INSURANCE AND FINANCIAL ASSISTANCE

Ten16 participates with most health plans and accepts state-funded plans, including Medicaid and the Healthy Michigan Plan. We also receive state funding to cover most of the treatment costs for those with limited resources. Ten16 offers a sliding fee scale and is an equal opportunity provider.

Focused solutions produce big changes

People experience negative consequences because of their alcohol or drug misuse. Sometimes it is addressed early. Other times, it takes a crisis. Regardless of how alcohol and other drugs are impacting your life, Ten16 offers effective programs that activate positive change.



COMMUNITY PREVENTION/COALITIONS

Ten16 works with local communities and schools to promote living well. We teach young and old alike how to build healthy life skills and avoid the dangers of drugs and alcohol. We all play a role in building a better tomorrow.



EDUCATION / EARLY INTERVENTION

We offer classes for people whose risky choices and behaviors indicate that a problem might be developing. Having experienced some negative consequences from substance misuse, they could be headed down the wrong path. The classes are an early intervention against factors that are putting them at risk.



COLLEGIATE RECOVERY

CREW (collegiate recovery, education and wellness) offers drop-in services to students who struggle with alcohol/drugs or those looking for a safe place to strengthen their recovery and maintain their academic performance.



OUTREACH

Working with medical staff in the ER, patients are screened for a substance use disorder. Patients screening positive are invited to talk about their relationship with alcohol and drugs and put together a plan for change.



RECOVERY CENTERS

The Recovery Centers are free drop-in facilities for anyone wanting help in the recovery process. Whether a person wants to drop in for coffee, talk with a person who has experienced recovery first hand or schedule time with a counselor, the centers have a solution.



PEER SUPPORT

It is important to feel heard and understood, which is why we value employing people in recovery who are trained to help you move forward. Our peer support services include personalized coaching, group sessions and sober social events. Additionally, we connect individuals to a range of robust support groups within the community.



OUTPATIENT COUNSELING

We take a holistic approach that looks at your mental well-being and develops recovery skills. Our caring clinical staff uses group and individual therapy to help a person explore the way they think, how they feel and what they can do to promote change in their life. The intensity and frequency of programming are individualized to meet your needs.



RECOVERY HOUSING

A 14-bed men's house and 7-bed women's house in Midland offer a safe, supportive and accountable culture of peers. Each house is a community designed to live together to master the lifestyle changes needed for lasting recovery. The house staff will share their own lived experience to help residents develop a personal Recovery Plan for their own success.



RESIDENTIAL TREATMENT

Find serenity at our 20-bed facility on 18 acres outside Midland. A structured day of therapy for healing, education on managing the disease and fellowship to build recovery skills. Using an integrated approach, patients regularly meet with staff mentors who have recovery experience and have the opportunity to build a network of support.