

Addiction Recovery Therapy

Chris Wiegenstein is a master's level therapist with a focus in addictions and substance use disorders. He is MAC certified through NAADAC and is a current member of the American Counseling Association. Chris enjoys working with adolescents due to their authentic willingness to be vulnerable as they become the hero in their own journey. He has eight years of sobriety and continues to take self-care as a priority in maintaining his current choice in life. Prior to working at Monarch, Chris worked at a recovery center in Great Falls, Montana, which focuses on co-occurring disorders. He counseled adolescent outpatients, conducted classes for DUI/Possession offenders, and worked in the outpatient and intensive outpatient programs.

The addictions and substance use disorder treatment at Monarch School is a safe place where adolescents can work on their substance use disorders and establish a foundation which sets them up for healthy living. Monarch's program currently consists of one and half hours per week of psycho-education and process groups, which include: education on the disease of addiction and its physical aspects; triggers; the guilt and shame associated with addiction; and relapse prevention strategies. Students supplement their addictions therapy with individualized sessions with their Primary Therapist.

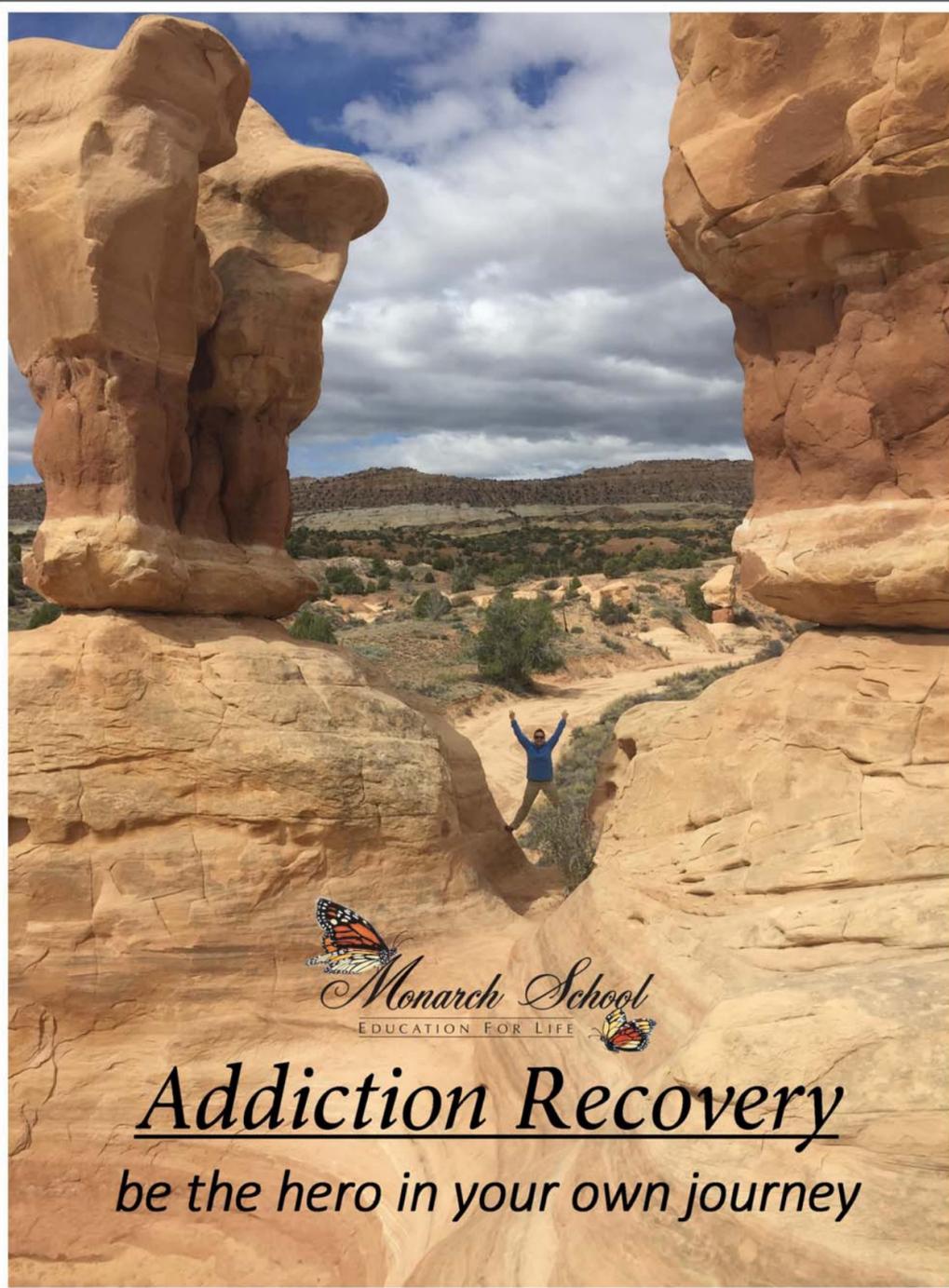


Since arriving at Monarch School, Chris has assisted students in starting their own twelve-step support group. This meeting is facilitated by students and monitored by staff who are themselves involved in the recovery process. This support strengthens their foundation for successful recovery by providing knowledge of twelve-step support and its existence throughout the world. By participating in meetings, students will know what to expect as they continue their journey through life.



"Community is everything and communication is the cornerstone of community. I'd rather life be hard right now to have a better one later."

~ current student



"You put in nothing, you'll get nothing out. You put your heart in, you'll get love and all the tools you need."

~ current student



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