

All Relations...

We are grateful for your trust in allowing us to walk with your family members and relatives. We realize that we only know a little, but we are confident that we will be sending your people back with a renewed sense of hope and a new beginning.

Keystone...the beginning of FREEDOM!

"Keystone is amazing when it comes to their addiction treatment. They actually treat you like a human being and help you realize your potential." — Former patient



Inpatient Location

1010 East Second Street
Canton, SD 57013

Outpatient Location

3800 South Kiwanis Avenue
Sioux Falls, SD 57105



(844) 202-6022

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My Relatives

Your family from Keystone has cared for your people & tribes from the North, South, East, and West for over 25 years, and we are honored to build relationship and become an extension of your family. Our pledge is to help bring balance to your life through awareness of addiction, a life in recovery, and to rediscover the way of healing. We believe that shining light on the shadow of trauma allows us the freedom to clearly see what we were created to be.

Healing the Family Through the Awareness of Addiction

- **Culture-** Awareness of Ceremony
- **Identity-** Age & Gender Appropriate
- **Ceremonies/Protocols-** Sweat Lodge, Talking Circles, Smudging, and Prayer
- **Re-Learning-** Who Is Your Family/Tribe?
- **Arts & Crafts-** Beading, Stone Work, Medicine Bags
- **Rites of Passage-** Awareness, Gender Roles, Community Roles, Community Support

Treatment Components

The medicine wheel teaches us that in order to live a healthy life we must have balance in the four dimensions of ourselves: mental, physical, emotional, and spiritual. It is our belief that addiction destroys these dimensions and the only effective method of recovery is a holistic approach. Our program combines traditional Native American spirituality with 12-Step programs (AA, NA, GA, etc.), informational lectures, and group therapy to help restore balance to the lives of our clients.

Individualized Treatment Experiences

- Co-Occurring
- Gambling
- Trauma Awareness
- Methamphetamine
- Opioid Dependence
- Rites of Passage
- Marijuana
- Chronic Pain
- Native American Cultural Awareness

Creating a Balance

- **Mental:** Clients learn about the root causes and the behavior that leads them down the path of addiction. Our program provides clients with essential tools for living clean and sober, such as communication skills, problem-solving, healthy boundaries, and assertiveness to create a balanced life.
- **Emotional:** The majority of clients have experienced some form of trauma in their lives resulting in anger, shame, and low self-esteem. This can lead to self-medicating by using substances to numb the pain of past life experiences. Through various techniques and activities, clients begin to gain an awareness about their destructive behaviors and learn skills to begin a process of healing from the past, giving them new self-awareness to begin their journey of recovery from addictions.
- **Physical:** Clients participate in recreational sports and group fitness activities. Clients have access to exercise equipment and healthy meals, which help them on the path to a balanced regimen of healthy diet and exercise.
- **Spiritual:** Clients reconnect with their culture, spirituality, and themselves through sweat lodge ceremonies, pipe ceremonies, and smudging and cleansing ceremonies all under the guidance of an on-site cultural advisor. Keystone conducts all activities with an attitude of deep respect for Native American traditions and values.



Drug, Alcohol, & Gambling Addiction

Our commitment at Keystone is to provide an atmosphere of honesty, trust, and accountability. Each patient is assessed to ensure an individualized treatment plan captures their needs. We support our patients as they share their experiences by reorienting realities, psychiatric care, and medical management as needed. Treatment goals are met, and new skills are gained by engagement in educational programming, individual counseling, group therapy, and family sessions. The 12-Step philosophy is the common thread woven throughout the treatment we offer.

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