



BEAUTERRE
RECOVERY INSTITUTE

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Dr. Sheila Specker Joins Beauterre Recovery Institute as Medical Director

Preeminent addiction medicine specialist brings research, clinical and advisory expertise to new residential addiction recovery program opening in Owatonna, Minn.

ST. PAUL, Minn., (Jan. 12, 2015) — Beauterre Recovery Institute today announced Dr. Sheila Specker as medical director of its new residential addiction recovery program in Owatonna, Minn. Specker, certified by the American Society of Addiction Medicine as a physician specialist in substance abuse, brings more than 25 years of addiction medicine and psychiatric care experience to Beauterre, including over 20 years as a faculty member at the University of Minnesota department of psychiatry.

Beauterre Recovery Institute is a 60-bed residential addiction recovery program offering personalized, integrated chemical dependence and mental health programming featuring multiple therapeutic modalities. The program is part of the Meridian Behavioral Health organization, adding a new level of residential addiction recovery programming to Meridian's continuum of care that includes 17 residential and outpatient programs across Minnesota.

"Dr. Specker's deep experience with addiction medicine propels Beauterre to the forefront of addiction recovery and mental health offerings in the region," said Jack Bice, president of Beauterre. "In particular, her clinical practice with an area of expertise in health care professionals with addiction aligns with our eye toward serving licensed professionals across industries who seek sustained recovery."

Dr. Specker completed her residence in family medicine at the University of Wisconsin, followed by a fellowship in addiction medicine and a psychiatry residency at the University of Minnesota. Dr. Specker is Medical Director of the University of Minnesota Medical Center's Combined Mental Health and Substance Use Treatment Program. Additionally, she is Director for the Minnesota Fellowship in Addiction Medicine, which trains physicians in addiction medicine. She conducts research studies in addiction and has published in this area. Dr. Specker provides consultation to the State of Minnesota Health Professionals Monitoring Program, teaches medical students, residents and fellows, and has a clinical practice with an area of expertise in health care professionals with addiction.

About Beauterre Recovery Institute

Beauterre Recovery Institute is a 60-bed residential addiction treatment recovery program opening in January 2015 in Owatonna, Minn. Beauterre Recovery Institute provides residential addiction treatment and recovery services for men and women who are dependent on or abuse alcohol or other drugs; are experiencing life problems with substance use or abuse; and those with co-occurring mental health and substance use/abuse related issues.

About Meridian Behavioral Health

Based on evidence-based practices and a patient-focused approach to care, Meridian Behavioral Health is a leading provider of substance abuse treatment services in Minnesota. With 17 facilities representing both residential and outpatient settings, Meridian offers a range of alcohol and drug treatments (including medication-assisted treatment) — with specialized programs for adult men and women, young adults (16-20), LGBTQ and Native Americans. All of its residential programs and many of its outpatient programs are MI/CD licensed to treat clients with both chemical dependency and mental health (dual) diagnoses. Visit www.meridianprograms.com or call 1.877.367.1715.

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