

MN MENTAL HEALTH CLINICS ASTAT SITES

- **EAGAN COUNSELING CLINIC**
- **MINNEAPOLIS COUNSELING CLINIC**

Urgent Care:

For clients who have urgent need for assessment and care:

- next day assessments,
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program (STAT), or
- referral to a less urgent option as soon as possible.

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults.
- Day Treatment Programs for Adults and Adolescents

Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

Horizons Community Support Program (Eagan Location)

- Support services for Dakota County Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

Directions to Minneapolis Counseling Clinic

From I-94

- 35 W south
- Exit Diamond Lake Rd (12B)
- Right onto Diamond Lake Rd
- Cross Lyndale Ave
- Take immediate right into parking lot

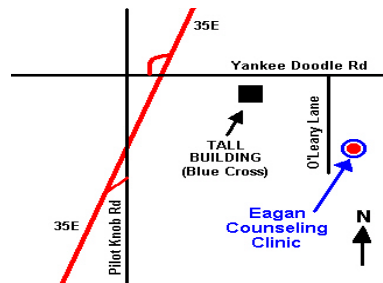
Directions to Eagan Counseling Clinic

from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E
- Right on O'Leary Lane
- At the end of the block on left.

from 35E

- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



eagan counseling clinic
3450 O'Leary Lane
Eagan, MN 55123
Phone: 651-365-8281
Fax: 651-454-3492

minneapolis counseling clinic
5346 Lyndale Avenue South
Minneapolis, MN 55419
Phone: 612-746-5888x12
Fax: 612-746-5518

Web site: www.mnmentalhealth.com

ADOLESCENT SHORT-TERM ASSESSMENT AND TREATMENT PROGRAM (ASTAT)



MINNESOTA MENTAL HEALTH CLINICS

Eagan Counseling Clinic
&
Minneapolis Counseling Clinic

Adolescent Short-term
Assessment and
Treatment Program
(ASTAT)

Eagan Counseling Clinic and Minneapolis Counseling Clinic have developed a short-term program for adolescents age 13 to 18. This program is designed to prevent out of home placement, maintain the adolescent in school, prevent hospitalization and help stabilize the adolescent and his/her family.

The program consists of assessment and intensive treatment intervention strategies that are designed to meet the needs of the adolescent and the family. This includes the program from 5-7 weeks, active consultation with the school, family, and other providers as a part of the treatment. A weekly parent group is also included as a part of the treatment.

ASTAT is designed to provide high intensity treatment that will help the adolescent remain in their home, in school, and out of more restrictive placements. This type of treatment involves teaching the adolescent to experience success and develop coping skills while remaining in their natural environment. Practical application and generalization of skills is emphasized.

Dialectical Behavior Therapy (DBT)

The ASTAT program primarily uses a Dia-

lectical Behavior Therapy (DBT) model of treatment. DBT is designed for those with difficulty managing their emotions. It is a combination of cognitive and behavioral therapy that teaches the adolescent to control emotions by developing effective coping skills and alternate behaviors.

ASTAT will help adolescents address and change behavior patterns associated with:

- Suicidal thoughts or behaviors
- Self-injurious behavior such as cutting
- Oppositional behavior at home or in school
- Severe Depression or Anxiety

Each group consists of both teaching skills for better coping with emotions and also process time in which the members discuss how to apply skills in their own particular situations. These groups also offer an opportunity for the members to give support and feedback to each other.

Skills Taught include:

1. *Interpersonal Effectiveness* to make relationships more successful.
2. *Emotion Regulation* to reduce mood swings.
3. *Distress Tolerance* to reduce impulsive and self-harming behaviors.
4. *Mindfulness* to increase self awareness.
5. *Middle of the path* to find the kernel of truth.

The ASTAT program is designed to meet the needs of adolescents and their families. We will make every attempt to schedule the assessment within 24 hours of the referral. Once an assessment is completed, we will attempt to begin treatment as soon as possible.

The ASTAT program is conveniently located in two locations — both in our Eagan Clinic and our Minneapolis Clinic.

Health insurance plans usually pay for group therapy. Clients without insurance coverage may be eligible for a sliding fee.

*To schedule an assessment
call our intake coordinator at*

Eagan: 651-365-8281

Or

Minneapolis: 612-746-5888

