

eagan counseling clinic

Urgent Care:

For clients who have urgent need for assessment and care:

- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours.
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

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

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

Home-Based Family Therapy:

- Offered in Dakota and Ramsey County.
- Payment arranged by County or insurance authorizations.

Horizons Community Support Program:

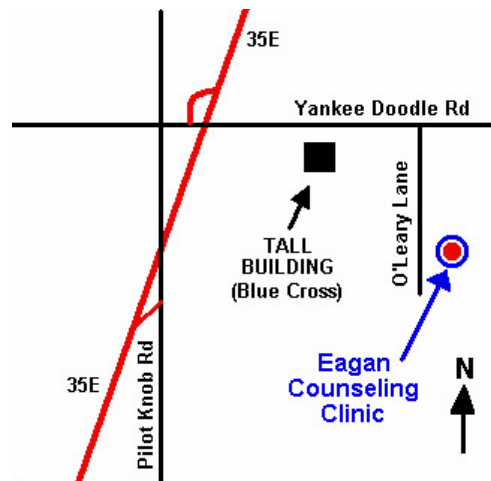
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

Directions 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.

Directions from 35E

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



eagan counseling clinic
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Short-term Assessment and Treatment Program



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clinic

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Short-term Assessment and Treatment Program

eagan counseling clinic has developed a short-term program consisting of a comprehensive assessment and intensive treatment intervention. This program is a two-week day treatment program designed to prevent hospitalization and help stabilize clients in a crisis.

The assessment component will provide a comprehensive look at the client's life from a variety of perspectives. We believe that this approach will help us create a more complete and useful treatment plan with broader reaching treatment strategies and outcomes. Our goal is to be able to help individuals live a happier, more productive life in the least restrictive setting possible.

This two-week day treatment program combines a cognitive-behavioral, solution focused, and a psycho-educational approach to clients.

At the end of this two week period the client and the referral source will have a tool that addresses the areas of concern and includes a treatment plan with both long and short-term treatment strategies.

Diagnostic Component Includes:

1. **PSYCHOLOGICAL ASSESSMENT** – This component employs both a symptom and problem focused approach. Clients will be receiving a broadband diagnostic evaluation concentrating on the areas of symptoms, past and present history of illness, current level of functioning and current mental status. Objective psychometric testing may be utilized as well (MMPI-2, MCMI 2, SCL 90).
2. **SHORT-TERM AND LONG-TERM TREATMENT PLAN** – Upon entry to the program, the client will have a detailed measurable treatment plan in place to address the clients individual needs during the two week program. By the end of the two weeks, the client will have in place a detailed aftercare plan including services and providers recommended.
3. **COORDINATION OF CARE** – Program staff will refer and coordinate as necessary with the psychiatrist, outpatient therapist, county case manager, insurance company, family and other involved people to ensure consistency and continuity of care.

Day Treatment Component Includes:

1. **SELF-COUNSELING** – emphasizes the role of thought in regulating emotions and behavior. We try to assist them in developing more effective ways of problem solving by identifying dysfunctional patterns of thinking, feeling, and behaving.
2. **GOAL SETTING** – incorporating a solution- focused approach, goal setting attempts to develop solutions along with action plans to resolve the problem. The goal of this group is not merely the alleviation of symptoms, but also involves an examination of patterns of behavior that maintain the symptoms.
3. **PSYCHOEDUCATION** – provides information about diagnosis and symptoms, approaches to coping and managing their lives, and awareness of community resources.

How Do I get Started?

Call **eagan counseling clinic** 651-454-0114 and talk to the Intake Specialist about the **STAT** Program. Most insurances pay for this service.