

ANGER MANAGEMENT

Our DBT-informed anger management skills group meets on Wednesdays from 5:00pm-6:30pm for 8 weeks. Please contact Amber Schupp (Director of Programs) or Lauren Daniel (Supervisor of Programs) for more information.

OTHER SERVICES

Urgent Care:

For clients who have urgent need for assessment and care:

- Assessments within three business days,
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program (ASTAT/STAT) when available, 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
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Group Therapy for Adolescents and Adults.

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 Minnesota Mental Health Clinics, Eagan location:

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.

*Minnesota Mental Health Clinics
3450 O'Leary Lane
Eagan, MN 55123
Phone: 651-365-8250
Fax: 651-454-3492*

*Amber Schupp 651-365-8255
Lauren Daniel: 651-365-8206*

*Web site:
www.mnmentalhealthclinics.com*

DATRAC PROGRAM (ADULT INTENSIVE OUTPATIENT)



MINNESOTA MENTAL HEALTH CLINICS

DaTRAC GROUPS

The therapy groups provide a supportive cognitive behavioral environment that emphasizes the development of healthy coping skills and provides guidance, encouragement, education, and resources as a way to address problems and promote mental wellness. The program is designed to provide the level of service appropriate to each client's situation.

The DaTRAC treatment tracks offer multidisciplinary and multimodal services in individualized treatment programs. All treatment participants complete a program assessment to determine the client's treatment needs and functional status. After this assessment, the client's treatment plan is developed. Based on this treatment plan the client is scheduled in day treatment and/or supplemental services which will address his or her treatment needs. In the treatment program, the client may receive individual as well as group services. All of the treatment groups are open therapy groups in which clients will enter and leave at different times. Depending upon the client's treatment needs, clients can expect to attend one to five days each week for a minimum of three hours each day.



Group Schedule:

All groups include a portion of time where skills are taught or a topic is discussed and then time for clients to check-in about how they are feeling or time to get feedback on skill usage.

Options include:

Dialectical Behavior Therapy (DBT)- 8 weeks (24 sessions)

Mornings 9:00am-12:00pm
Monday, Wednesday, Thursday
Afternoons 1:00pm-4:00pm
Monday, Tuesday, Thursday

Dialectical Behavioral Therapy (DBT)- 12 weeks (24 sessions)

Evenings 5:00pm-8:00pm
Monday and Thursday

Anger Management (DBT)- 8 weeks

Evenings 5:00pm-6:30pm
Wednesday

Dialectical and Behavior Therapy (DBT)-long term

Evenings 5:00-7:00pm
Monday

*Client who participate in one of the DBT groups are expected to be in ongoing individual therapy with a DBT trained therapist or one who can help with homework practice and work on diary cards.

INTAKES

If you are interested in any of the groups or would like to schedule an intake please contact one of the following:

Amber Schupp (651) 365-8255

Lauren Daniel (651) 365-8206

SHORT TERM ASSESSMENT AND TREATMENT (STAT) THERAPY GROUP

This group is lead by Dr. Robert Havel, MD and occurs Monday-Thursday from 9:00am-12:30pm. The group lasts for 10 days in duration. The purpose of this group is to offer stabilization services to adults experiencing a crisis.

The focus on the group is rational self-counseling and focuses on managing feelings, thoughts and behaviors.

For any questions or to schedule an intake, please contact Dr. Robert Havel at (651) 365-8207.