

## Minnesota Mental Health Clinics

**\*\*Services available through Telehealth\*\***

### Short-Term / Acute Care:

- For clients who have urgent need for assessment and care
- Next day assessments
- Immediate admission to Adult Short-term Assessment and Treatment Program (STAT), Adolescent day treatment (ASTAT) or Adult DBT (DaTrac)
- Referral to a lower level of care as soon as possible

### Day Treatment Services:

*Short-Term Assessment and Treatment (STAT) Programs for Adults (10 sessions)*

- Monday—Thursday 9am-12pm

*DaTrac DBT Group for Adults (24 sessions)*

- Monday, Wednesdays, Thursdays 9am-12pm (Morning DBT Group)
- Monday, Tuesdays, Thursdays 1pm-4pm (Afternoon DBT Group)
- Mondays and Thursdays 5pm-8pm (Evening DBT Group)

### Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Couples Therapy
- Child and Adolescent Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Skills Group Therapy (CBT/DBT) for Adults and Adolescents

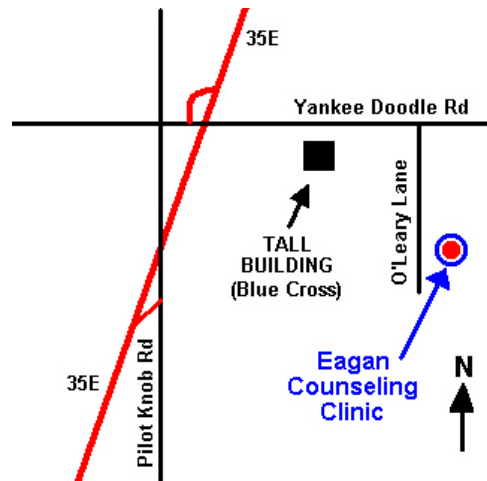
### To Eagan Location:

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 Location  
3450 O'Leary Lane  
Eagan, MN 55123

Phone: 651-454-0114

Fax: 651-454-3492

Web site: [www.mnmentalhealthclinics.com/](http://www.mnmentalhealthclinics.com/)

# Short-Term Assessment and Treatment Program



## Minnesota Mental Health Clinics

We've provided comprehensive, integrated mental health services to clients in the Minneapolis and St. Paul metro area for over 33 years

Visit us online at  
[mnmentalhealthclinics.com](http://mnmentalhealthclinics.com)

## Short-Term and Assessment Treatment Program (STAT)

### INTRODUCTION

The STAT program was adapted from a short-term treatment model developed by Freeman and Davidson (1997) and originally incorporated Rational Self-Counseling (RSC). The program was redeveloped and incorporates elements of CBT, DBT, Somatic Experiencing, strengths-based approaches, and motivational interviewing. The STAT Program encouraged group members and therapist to work together as partners while encouraging the client to take an active role in therapy while offering the safe space and structure of day treatment. It is time-limited in that treatment is short-term and incorporated coordination of additional follow-up resources as needed.

### PROGRAM DESCRIPTION

The STAT program is designed to provide integrated and coordinated short-term mental health services to adults who are either in transition from inpatient hospitalization to community-based programs and services, or who are functioning in the community but require services to prevent hospitalization or worsening of symptoms.

#### The STAT program emphasizes two core features:

1. A comprehensive assessment of client problem and need areas.
2. A short-term group based intensive treatment program with referral recommendations and follow-up.

## The Short-Term and Assessment Treatment (STAT) Program

The STAT Program is an intensive outpatient treatment (IOP) which runs 3 hours a day, 4 days a week on a 10 session rotating schedule. The first hour is devoted to a specific topic for each 10 days. The focus of the approach is to teach clients coping skills to promote stabilization. While building on client's strengths, STAT encourages problem solving by helping clients identify and change patterns of thinking, feeling, and behaving.

The second hour is devoted to psychoeducation where clients choose mental health topics while the therapist presents information and encourages discussion.

The third hour is a psychotherapy group where clients are given the opportunity to address personal issues and concerns in a supportive environment.

#### Group Hours:

- Monday: 9:00am - 12:00pm
- Tuesday: 9:00am - 12:00pm
- Wednesday: 9:00am - 12:00pm
- Thursday: 9:00am - 12:00pm

### REFERRAL PROCESS

Referrals are accepted from social workers, mental health professionals, hospitals or potential clients. If a client wants to schedule an intake appointment please call Minnesota Mental Health Clinics intake coordinator at 651-454-0114. The intake coordinator will schedule an assessment. If someone would like to get more information about one of the treatment programs please call 651-365-8228

### ELIGIBILITY/ADMISSION CRITERIA

- ◆ All clients must be 18 years of age or older and have insurance or a source of funding for the services provided.
- ◆ They must be experiencing mental health symptoms and having difficulty performing daily activities as assessed, which supports the need for a higher level of care.
- ◆ If clients have co-occurring medical or co-substance abuse, they will be assessed on a case-by-case basis to determine if they would benefit from treatment.
- ◆ Clients must have no active suicidal intent, no active psychosis, substances and no severe cognitive impairments.
- ◆ And finally, the other service providers on the client's treatment team must also agree and actively support placement in the STAT program.

### FUNDING INFORMATION

Most health insurance companies provide coverage for day treatment services. Clients will be fully advised as to the fees and possible payment plans. Our staff verifies insurance eligibility, however, it is the client's responsibility to understand their benefit coverage and financial obligations.

### FIRST STEP

*To schedule a program  
assessment please call Scarlett  
O'Connell at*

**651-365-8228**

**\*At this time the STAT program is available  
through telehealth\***