

REFLECTIONS LONG-TERM DBT GROUP

When clients have completed DaTRAC they may be eligible to step-down into our Reflections long-term DBT group. This group is run by Tayler Christensen and focuses on long-term DBT skill application. Group runs for 6 months and clients have the option of attending either the Tuesday 4:00-7:00pm group or the Thursday 9:00am-12:00pm group.

OTHER SERVICES

Urgent Care:

For clients who have urgent need for assessment and care:

- Assessments within 3 business days
- Immediate admission to Short-term Assessment and Treatment Program (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 all ages
- 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: 651-365-0114
Fax: 651-454-3492*

*Scarlett O'Connell: 651-365-8228
Amber Schupp 651-365-8255*

*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:

****Please note that all groups meet via Zoom****

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

Morning Option 9:00am-12:00pm

Tuesday, Wednesday, Thursday

Afternoon Option 1:00pm-4:00pm

Monday, Tuesday, Thursday

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

Evening Option 5:00pm-8:00pm

Monday and Wednesday

Reflections Dialectical Behavior Therapy (DBT) Long Term 6 months (24 sessions)

Tuesdays 4:00pm-7:00pm —or—

Thursdays 9:00am-12:00pm

*Clients 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:

Scarlett O'Connell (651) 365-8228

Amber Schupp (651) 365-8255

SHORT TERM ASSESSMENT AND TREATMENT (STAT) THERAPY GROUP

This group is lead by Katherine Rabenberg and occurs Monday-Thursday from 9:00am-12:00pm. 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 Scarlett O'Connell at (651) 365-8228.