Additional Supportive Services Available at



- Individual Therapy
- Family Therapy
- Psychiatry Services
- Medication Management
- Psychological Evaluations
- ADHD Evaluations (Attention Deficit-Hyperactivity Disorder)
- ADD Evaluations (Attention Deficit Disorder)

Providing quality mental health care to our community for over 35 years

Program Locations

Programs are offered in-person and virtual.

- Minneapolis Clinic 5346 Lyndale Avenue South Minneapolis, MN 55419
- Eagan Clinic 3450 O'Leary Lane Eagan, MN 55123
- Maplewood Clinic 2785 White Bear Avenue N Suite 403 Maplewood, MN 55109

To enroll or get more info, please contact:

- **(3)** 651-395-5796
- programs@mnmentalhealth.com

Visit our website at mnmentalhealthclinics.com

Adolescent Outpatient

ASTAT Program

Adolescent Short-Term
Assessment & Treatment





We're here to support you.

We understand your sense of urgency when your child is struggling and we're here to navigate this process **with you**.

Our ASTAT program offers weekly assessments on how your child is doing and weekly recommendations on their appropriate level of care.

We offer ASTAT in person and virtually. We have immediately availability for your child to join us.

ASTAT supports adolescents to identify, address and begin movement towards behavior change.

We address behavior related to:

- Severe Depression
- Anxiety
- Suicidal thoughts or behaviors
- Self-harming behaviors
- Oppositional behaviors at home & at school



ASTAT

Program Goals

- Prevent hospitalization
- Avoid out-of-home placement
- Maintain or increase school attendance & participation
- Stabilize family dynamics

Program Highlights

Level of Care: Intensive Outpatient

Ages we serve: 13 - 18 years old

Skills we teach:

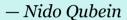
- **DBT** Dialectical Behavioral Therapy
- **CBT** Cognitive Behavioral Therapy

Program Length: 5 - 7 weeks, based on each child's individual need

Program Skills Curriculum

- 1 Create effective **relationships**
- **2** Emotional grounding to reduce mood swings
- **3 Stress Management** to reduce impulsivity & self-harm behaviors
- **4 Cognitions** to increase self-awareness and gain insight
- 5 Increase healthy communication and social skills

"Your present circumstances don't determine where you go; they merely determine where you start."



Our support continues after the program

Completion of the ASTAT program is only the beginning of our supportive process.

Once your child has graduated from the program, they have the opportunity for continued group support with us.

Options include our:

- Weekly Aftercare Program
- Reflections Long-Term DBT Group

We encourage participation in one of our group options for continued weekly clinical skill building and consistent social support.