

Minnesota Mental Health Clinics

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

Horizons Community Support Program:

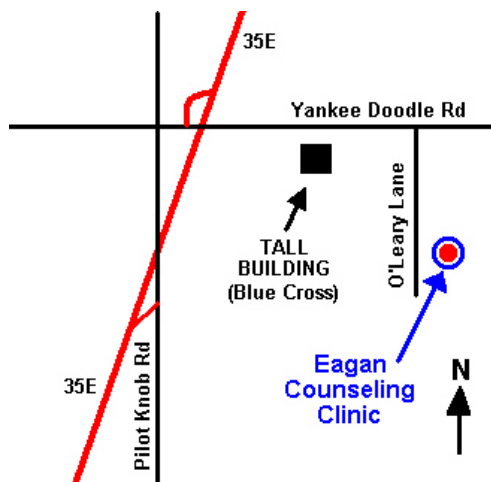
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

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.



Minnesota Mental Health Clinics
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Web site: www.mnmentalhealth.com

ADULT ADHD

And Executive Function Deficits



Minnesota Mental Health Clinics

ADULT ADHD

And Executive Function Deficits

The Adult Attention Deficit Hyperactivity Disorders therapy group has been specifically designed for the unique challenges that face adults living with ADHD. This therapy group is facilitated by Licensed Psychologist Dr. Dan Thomason. The group will be held every other Saturday morning from 9:30 a.m. to 10:50 a.m. for a total of 4 sessions. We will meet at the Minnesota Mental Health Clinics **Eagan** location.

For more information contact Dr. Thomason
at:
65 1-365-8273



“The treatment of ADD begins with hope. Most people who discover they have ADD, whether they be children or adults, have suffered a great deal of pain. The emotional experience of ADD is filled with embarrassment, humiliation, and self-castigation. By the time the diagnosis is made, many people with ADD have lost confidence in themselves. Many have consulted with numerous specialists, only to find no real help. As a result many have lost hope.”
(Dr. Hallowell, Dr. Ratey copyright 1992)

Restore Hope! Get Results!

Over the course of our four, 80 minute sessions, we will address each individual's specific areas of difficulty. These areas of difficulty can be different for each individual.

Following are some of the areas that will be addressed during the group process:

- **Marital and family difficulties**
- **Difficulties in the workplace**
- **School and academic problems**
- **Challenges with social skills**
- **Poor self-image or self-concept**
- **Challenges with social skills**
- **Deficits in judgment/risk-taking**

This group will be run as an open/ongoing group, which means that participants can join at any time to complete their four sessions. The maximum number of participants at any given session will be eight. The content of the group will focus on very specific behavioral strategies including the use of technology as well as scheduling/organizational systems.

The first session will begin with an assessment of each participant's specific areas on which to focus, and this assessment will also be administered as the last part of the four session. The assessments will be compared to each other and will show the actual **results** you were able to achieve in just 6 weeks!

