



Center for Trauma Care & Healing

Trauma Care That Helps You Heal – At Your Pace

The Center for Trauma Care & Healing at Minnesota Mental Health Clinics provides specialized mental health services **focused on preventing trauma, supporting healing, and offering intervention for both past and current trauma while reducing the risk of future trauma experiences.**

Our trauma-informed approach combines evidence-based therapy, personalized care planning, and whole-person support to help individuals rebuild safety, stability, and resilience.

 **Why this matters**
20–30% of people exposed to trauma may develop Post-Traumatic Stress Disorder (PTSD)
(National Institute of Mental Health)

What to know



Who We Serve

Teens and adults seeking specialized trauma-focused mental health care, and partners looking for trauma education and training.



What to Expect

Prevention, early intervention, and long-term healing support through assessments, individual and group therapy, using evidence-based, trauma-informed approaches.



Insurance Accepted

Including Medicare, Medicaid, and most commercial insurers such as Aetna, HealthPartners, Cigna, UnitedHealth Group, Blue Cross Blue Shield, and more.



Ready to Get Started?



 651-615-2641
 contactus@mnmentalhealth.com
 mnmentalhealth.com/CTCH

More about MMHC's Trauma Support



Program Goals

- Reduce trauma-related symptoms and distress
- Improve emotional regulation and daily functioning
- Strengthen resilience and coping skills
- Restore sense of safety, trust, and connection
- Support long-term healing and quality of life



Types of Trauma We Help Treat

Physiological

- Acute injury, medical trauma, or recovery from serious health events
- Chronic pain, chronic or terminal illness, and experiences of sexual assault or exploitation

Emotional & Relational

- Emotional abuse, neglect, or exposure to domestic violence
- Abandonment, separation, traumatic grief and loss, or witnessing violence

Environmental

- Natural disasters or sudden loss of home and displacement
- Community violence or institutional trauma experiences

Developmental & Historical

- Childhood trauma and early life adversity
- Intergenerational, historical, or collective trauma experiences

How We Help



Prevention & Preparation

- Trauma education and resilience-building resources
- Support for high-risk or high-burnout professions
- Individual and group therapy options
- Community and organizational training and screenings



Healing & Recovery

- Comprehensive trauma assessments and diagnostics
- Individualized, trauma-informed treatment plans
- Individual therapy and process-oriented group therapy
- Skills-based groups for regulation, coping, and recovery



Model

- Stabilization support and coordinated care planning
- Specialized trauma informed interventions
- Post-treatment support

Healing is possible — and you don't have to figure it out alone.

 651-615-2641

 **Minnesota**
Mental Health Clinics

 mnmentalhealth.com