

**ASTAT IS OFFERED AT THE
FOLLOWING MN MENTAL
HEALTH CLINICS SITES:**

**Eagan Counseling Clinic
Minneapolis Counseling Clinic
Maplewood Counseling Clinic**

In Need of Urgent Care?

For clients who have urgent need for assessment and care

- Assessments within three business days
- Immediate admission to Adolescent Short-term Assessment and Treatment Program (dependent site)
- Referral to more appropriate level of care as soon as possible

Intensive Outpatient Services:

Short-Term Assessment and Treatment Programs for Adolescents (ASTAT)

- Intensive outpatient skills groups for adolescents ages 13 to 18 years old offered for 5-7 week periods.
- ASTAT also offers a Parent Group and Family Assessment component designed to assist with Parent Skills Training and follow-up family therapy.
- Upon completion of ASTAT, clients are welcome to attend Aftercare Program to review skills and continue to gain social support once weekly.

Other Therapeutic Services:

- Individual Therapy
- Family Therapy
- Psychiatric Services for Adolescents coordinated with Psychotherapy
- Psychological Evaluations
- Testing and Assessment

**Eagan Counseling Clinic
3450 O'Leary Lane
Eagan, MN 55123**

**ASTAT Therapist:
Mara Morley, MA
651-395-5786**

**Lauren Nielsen, MSW, LGSW
651-365-8206**

**Minneapolis Counseling Clinic
5346 Lyndale Avenue South
Minneapolis, MN 55419**

**ASTAT Therapist:
Mari Gunderson, MA
651-395-5763**

**Maplewood Counseling Clinic
2785 White Bear Avenue N
Suite 403
Maplewood, MN 55109**

**ASTAT Therapist:
Shannon Derfus, MSE, LPC,
NCC
651-365-8214**

**ADOLESCENT
OUTPATIENT
SERVICES**



**MINNESOTA
MENTAL
HEALTH
CLINICS**

Adolescent Short-term Assessment and Treatment Program (ASTAT)

Minnesota Mental Health Clinics offer a 5-7 week short-term intensive outpatient program for adolescents age 13 to 18 that is designed to:

- Prevent hospitalization
- Prevent out-of-home placement
- Maintain school attendance
- Stabilize adolescents and their families

ASTAT utilizes Cognitive Behavioral Therapy (CBT) with Dialectical Behavioral Therapy (DBT) components that teach adolescents skills to better cope with life stressors.

Initial assessments are scheduled within three business days and are utilized to determine appropriate placement.

Each session consists of two parts: skills teaching and process time. Process time allows each group member to discuss how they can apply skills in their own particular situations. Practical application and generalization of skills is emphasized. These groups also offer an opportunity for members to give support and feedback to each other.

Family assessment: A meeting will be set up with a family therapist while adolescents are in the program. This services as an assessment of the family functioning and aids us in supporting the family. The family will work with the family therapist while they are in ASTAT as a way to help generalize skills and focus on how to support the family through the process.

Five Skills Sets Include:

1. *Relationships* to create effective relationships.
2. *Emotions* to reduce mood swings.
3. *Stress Management* to reduce impulsive and self-harming behaviors.
4. *Self Discovery* to increase self-awareness and gain insight.
5. *Communication* to increase healthy communication and social skills.

Program Hours are as follows:

Minneapolis:

Monday: 3:30-6:30pm

Tuesday-Thursday: 2:30-5:30pm

Parent Group: Monday 5:30-6:30pm

Aftercare: Tuesday 5:30-7:00pm

Eagan:

Monday: 3:30-6:30pm

Tuesday- Thursday: 2:30-5:30pm

Parent Group: Monday 5:30-6:30pm

Aftercare: Wednesday 5:30-7:00pm

Maplewood:

Monday: 3:30-6:30pm

Tuesday-Thursday: 2:30-5:30pm

Parent Group: Monday 5:30-6:30pm

Aftercare: Tuesday 5:30-7:00pm

ASTAT helps adolescents address and change behavior patterns associated with:

- Severe Depression or Anxiety
- Suicidal thoughts or behaviors
- Self-injurious behaviors
- Oppositional behaviors at home/ school

For more information or to set up an intake appointment for ASTAT:

Eagan

Mara Morley, MA

651-396-5786

Lauren Nielsen, MSW, LGSW

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Minneapolis

Mari Gunderson, MA

(651) 395-5763

Maplewood

Shannon Derfus, MSE, LPC, NCC

651-365-8213

*Health insurance plans usually pay for group therapy. Clients without insurance coverage may be eligible for a sliding fee.

