

MN 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.

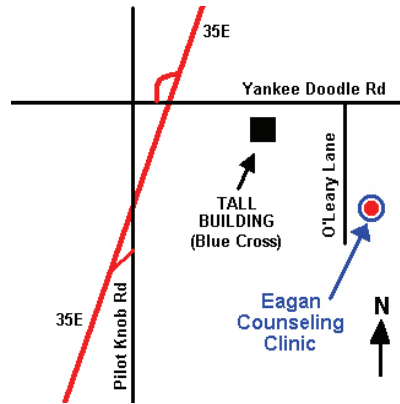
Eagan Clinic

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.



MN Mental Health Clinics
MMHC Eagan Counseling Clinic
3450 O'Leary Lane
Eagan, MN 55123
Phone: 651-365-8281
Fax 651-454-3492

MMHC Edina Counseling Clinic
Drew Professional Building
6525 Drew Ave
Edina, MN 55435
Phone: 651-365-8222

MMHC Lakeville counseling clinic
18586 Joplin Ave
Lakeville, MN 55044
Phone: 651-365-8285

MMHC Minneapolis Counseling Clinic
5346 Lyndale Ave. S.
Minneapolis, MN 55419
Phone: 612-746-5888

MMHC Maplewood Counseling Clinic
2785 White Bear Ave N
Suite 403
Maplewood, MN 55109

MMHC woodbury counseling clinic
Radio Drive Professional Building
1000 Radio Drive, Suite 210
Woodbury, MN 55125
Phone: 651-365-8209

TTY Relay:
1-800-627-3529

HORIZONS PROGRAM



MINNESOTA MENTAL HEALTH CLINICS



COMMUNITY SUPPORT SERVICES

DROP-IN CENTER: Horizons Drop-In Center is open 10am to 4:00 Monday, Thursday and Friday, 11am to 4:00pm on Tuesday, 10-7:00pm on Wednesday and 3-8:00pm on Saturday. Members gather to play pool, cards, do arts and crafts, attend support groups, socialize or plan the next offsite activity. All Horizons services are available on site during Drop In hours.

TRANSPORTATION: Provides members in Dakota County transportation to Horizons Drop-In Center and community activities organized by Horizons.

OUTREACH: Provides support and assistance in reducing the social isolation of members.

HOUSING: Provides members with assistance in finding adequate housing, applying for housing subsidy and/or in-home support to maintain community living.

BENEFITS ASSISTANCE: Helps with obtaining various subsidies, financial aid and entitlements.

SUPPORT: Horizons provides informative groups in which members participate as well as facilitate. Popular groups include Men's Group, Women's Group, and Recovery Group as well as many skills training groups.

SOCIAL/RECREATIONAL: Provides a wide range of community events and drop-in activities that are chosen and planned by members.

EMPLOYMENT: Provides referrals to all aspects of assistance in obtaining and maintaining competitive employment and volunteer positions. Provides support through case management, housing support, and the Drop-In Center.

CASE MANAGEMENT

Provides contracted Case Management services upon referral from Dakota County Social Services. The Horizons Case Manager provides information, referral to services in the community, and advocacy in the context of a supportive long-term relationship. Horizons Case Managers help members set realistic goals and work towards them in a planful way.

HORIZONS PROGRAM

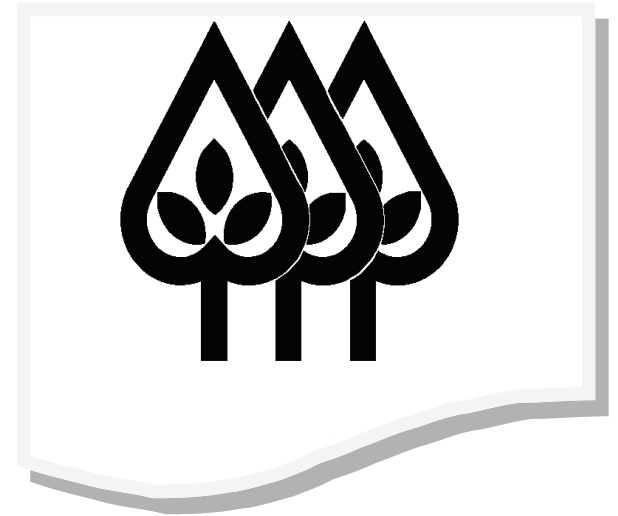
MISSION STATEMENT

Horizons CSP provides services and the necessary support to help people who are experiencing mental health difficulties live in the community and lead productive and satisfying lives. Our support reinforces the ability of mental health consumers to successfully maintain adequate housing, gain exposure to educational and recreational opportunities, access appropriate service providers and obtain gainful employment.

PHILOSOPHY

Horizons is committed to shared leadership and to a model of empowerment that promotes individual responsibility and self sufficiency. We are dedicated to delivering mental health services that enhance the quality of life for people with psychiatric disabilities and to eliminating the associated stigma that hinders employment, housing, and social opportunities. It is our strong belief that with proper support and acceptance, mental health consumers can and do recover.

Guided by our mission statement and philosophy, Horizons provides a coordinated service approach that focuses on promoting independence in the community.



*Please contact Executive Director with any questions:
(651) 395-5783*

To obtain a copy of our monthly Newsletter and Calendar please go to our website:

<https://www.mnmentalhealthclinics.com/>

Click: Services

Click: Horizons Community Support