

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:

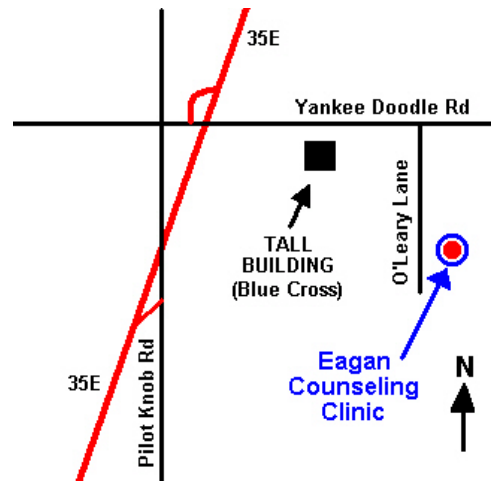
- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

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

Men's Group



Minnesota
Mental
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Men's Group

The Men's Group is a general adult therapy group facilitated by Brent Betterley, M.A., L.P. The Men's Group is held Thursday evenings 7:00-8:30pm.



The goal of the group is to produce desired behavior change, insight into oneself, and personal growth for participants. The group provides participants an atmosphere of honesty and support of one another while encouraging growth and change.

The group plays the role of helping members:

- Developing personal goals, encouraging progress towards achieving these goals;
- Developing insight into their problems and ineffective behaviors;
- Changing behaviors to generate solutions for these problems;
- Maintaining solutions.

The group also helps members understand who men are:

- Our roles as sons, brothers, partners, and fathers;
- Behaviors and attitudes which are effective in promoting positive and healthy interpersonal relationships;
- How to encourage supportive and positive relationships;
- Dealing effectively with emotional motivations and conflicts.

Group members are asked to consider and evaluate their developmental history, family dynamics and relationship history with the group. Each member of the group is expected to take an active role in presenting their own issues to the group, and in providing feedback and support to other members at each group meeting.

New members are welcome the first Thursday of each month. After the first group meeting members are asked to contract to attend the group for at least eight successive weeks. Group members may elect to contract for additional sessions as needed.

