

Minnesota Mental Health Clinics

Urgent Care:

- For clients who have urgent need for assessment and care
- Next day assessments
- Immediate admission to Adolescent Adult Short-term Assessment and Treatment Program (STAT) or Adult DBT/Wellness.
- Referral to a less urgent option as soon as possible.

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Adults
- Day Treatment Programs for Adults and Adolescents

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
- Skills Group Therapy (CBT/DBT) for Adults and Adolescents
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

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

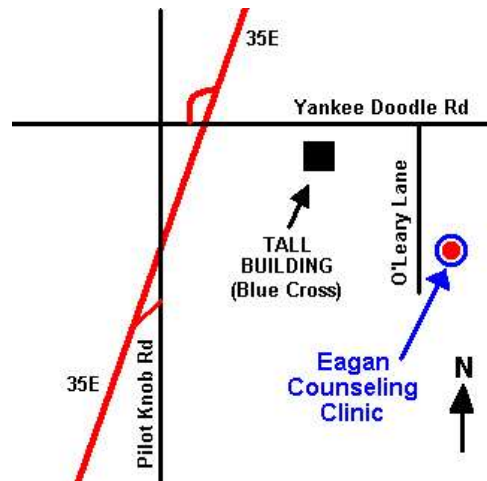
To Eagan Location:

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.



Eagan Location
3450 O'Leary Lane
Eagan, MN 55123

Amber Schupp 651-365-8255

Phone: 651-454-0114

Fax: 651-454-3492

Web site: www.mnmentalhealthclinics.com/

DaTRAC Program — Adult Intensive Outpatient



Minnesota Mental Health Clinics

We've provided comprehensive, integrated mental health services to clients in the Minneapolis and St. Paul metro area for over 33 years

Visit us online at
mnmentalhealthclinics.com

DaTrac Group

The therapy groups provide a supportive cognitive behavioral environment that emphasizes the development of healthy coping skills and provide guidance, encouragement, education, and resources as a way to address problems and promote mental wellness. The program is designed to provide the level of service appropriate to each client's situation.

The DaTRAC treatment tracks offer multidisciplinary and multimodal services in individualized treatment programs. All treatment participants complete a program assessment to determine the client's treatment needs and functional status. After this assessment the client's treatment plan is developed. Based on this treatment plan the client is scheduled in those day treatment and supplemental services which will address his or her treatment needs. In the treatment program the client may receive individual as well as group services. All of the treatment are open therapy groups in which clients will enter and leave at different times. Depending on the client's treatment needs clients can expect to attend one to five days each week for a minimum of three hours each day.



Group Schedule:

All groups include a portion of time where skills are taught or a topic is discussed and then time for clients to check-in about how they are feeling or time to get feedback on skill usage.

Options include:

Dialectical Behavior Therapy (DBT) - 8 weeks (24 sessions)

Mornings

- Monday, Wednesday, Thursday
- 9:00am-12:00pm

Afternoons

- Monday, Tuesday, Thursday
- 1:00pm-4:00pm

Dialectical Behavioral Therapy (DBT) - 12 weeks (24 sessions)

Evenings

- Monday and Thursday
- 5:00pm-8:00pm

Dialectical and Behavior Therapy (DBT) - long term

Evenings

- Monday
- 5:00-7:30pm

*Client who participate in one of the DBT groups are expected to be in ongoing individual therapy with a DBT trained therapist or one who can help with homework practice and work on diary cards.

Intakes

If you are interested in any of the groups or would like to schedule an intake please contact:
Amber Schupp (651) 365-8255

Short Term Assessment and Treatment (STAT) Therapy Group

This group is lead by Dr. Robert Havel, MD and occurs Monday-Thursday from 9:00am-12:30pm. The group lasts for 10 days in durations. The purpose of this group is to offer stabilization services to adults experiencing a crisis.

The focus on the group is rational self-counseling and focuses on managing feelings, thoughts and behaviors.

For any questions or to schedule and intake, please contact: