

## 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

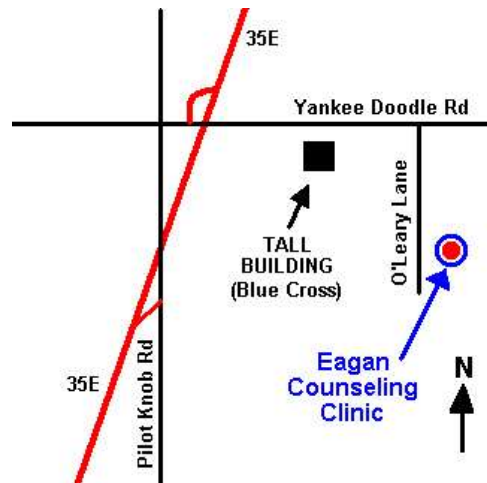
### To Eagan Location:

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

Phone: 651-454-0114

Fax: 651-454-3492

Web site: [www.mnmentalhealthclinics.com/](http://www.mnmentalhealthclinics.com/)

# Short-Term Assessment and Treatment Program



## 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](http://mnmentalhealthclinics.com)

## Short-Term and Assessment Treatment Program (STAT)

### INTRODUCTION

The STAT program is adapted from a short-term treatment model developed by Freeman and Davidson (1997). Consistent with the model, the STAT Program is collaborative whereby client and therapist work together as partners while encouraging the client to take an active role in therapy. On the other hand, the STAT Program is also directive in that the therapist takes responsibility for settling the direction of therapy. In addition, the STAT Program is highly structured in that each client is given a schedule outlining the entire program. It is time-limited in that treatment is short-term with an option to negotiate extensions on a per need basis and/or with the approval of the client's insurance.

### PROGRAM DESCRIPTION

The STAT program is designed to provide integrated and coordinated short-term mental health services to adults who are either in transition from inpatient hospitalization to community-based programs and services, or who are functioning in the community but require services to prevent re-hospitalization.

#### The STAT program emphasizes two core features:

1. A comprehensive assessment of client problem and need areas.
2. A short-term group based intensive treatment program with referral recommendations and follow-up.

## The Short-Term and Assessment Treatment (STAT) Program

The STAT Program operates 3/12 hours a day, 4 days a week on a 10 session rotating schedule. The first hour is devoted to an approach called "Rational Self-Counseling (RSC). RSC is a cognitive-behavioral approach that conceptualize clients operate as their own counselors. The focus of the approach is to teach clients to be better counselors of themselves. While facilitating what effective skills client's currently possess, RSC endeavors to assist in developing more effective ways of problem solving by helping clients identify and change dysfunctional patterns of thinking, feeling, and behaving. The second hour is devoted to psychoeducation where clients choose mental health topics while the therapist presents information and encourages discussion.

The third hour is a psychotherapy group where clients are given the opportunity to address personal issues and concerns in a supportive environment.

#### Group Hours:

- Monday: 9:00-12:30pm
- Tuesday: 9:00-12:30pm
- Wednesday: 9:00-12:30pm
- Thursday: 9:00-12:30pm

#### REFERRAL PROCESS

Referrals are accepted from social workers, mental health professionals, hospitals or potential clients. If a client wants to schedule an intake appointment please call Minnesota Mental Health Clinics intake coordinator at 651-365-8222. The intake coordinator will schedule an assessment. If someone would like to get more information about one of the treatment programs please call 651-365-8222.

#### ELIGIBILITY/ADMISSION CRITERIA

- ◆ All clients must be 18 years of age or older and have a source of funding for the services provided.
- ◆ They must also have a diagnosed mental health problem and an assessed significant impairment in functioning which supports the need for either a day treatment or a specialized treatment service.
- ◆ Clients must have the physical and cognitive ability to benefit from the services provided.
- ◆ Clients must have a GAF score >40, no active suicidal intent, no active psychosis, not actively abusing substances and no neurological impairments.
- ◆ And finally, the other service providers on the client's treatment team must also agree and actively support placement in the STAT program.

#### FUNDING INFORMATION

Most health insurance companies provide coverage for day treatment services. Clients will be fully advised as to the fees and possible payment plans. Whereas our staff verifies insurance eligibility, it is the client's responsibility to understand their benefit coverage and financial obligations.

#### FIRST STEP

**To schedule a program assessment please call the clinic intake coordinator at**

**651-365-8222**