

**Additional Supportive Services  
Available at**



- Individual Therapy
- Family Therapy
- Psychiatry Services
- Medication Management
- Psychological Evaluations
- ADHD Evaluations (Attention Deficit-Hyperactivity Disorder)
- ADD Evaluations (Attention Deficit Disorder)

**Providing quality  
mental health care  
to our community  
for over 35 years**

## **Program Locations**

Programs are offered in-person and virtual.

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

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

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

**To enroll or get more  
info, please contact:**

 **651-395-5796**

 **programs@mnmentalhealth.com**

**Visit our website at  
mnmentalhealthclinics.com**

## **Adolescent Outpatient**

# **ASTAT Program**

**Adolescent Short-Term  
Assessment & Treatment**



## We're here to support you.

We understand your sense of urgency when your child is struggling and we're here to navigate this process **with you**.

Our ASTAT program offers weekly assessments on how your child is doing and weekly recommendations on their appropriate level of care.

We offer ASTAT in person and virtually. **We have immediately availability for your child to join us.**

ASTAT supports adolescents to **identify, address and begin movement towards behavior change.**

We address behavior related to:

- Severe Depression
- Anxiety
- Suicidal thoughts or behaviors
- Self-harming behaviors
- Oppositional behaviors at home & at school



## ASTAT

### Program Goals

- Prevent hospitalization
- Avoid out-of-home placement
- Maintain or increase school attendance & participation
- Stabilize family dynamics

### Program Highlights

**Level of Care:** Intensive Outpatient

**Ages we serve:** 13 - 18 years old

**Skills we teach:**

- **DBT** Dialectical Behavioral Therapy
- **CBT** Cognitive Behavioral Therapy

**Program Length:** 5 - 7 weeks, based on each child's individual need

### Program Skills Curriculum

- 1** Create effective **relationships**
- 2** **Emotional grounding** to reduce mood swings
- 3** **Stress Management** to reduce impulsivity & self-harm behaviors
- 4** **Cognitions** to increase self-awareness and gain insight
- 5** Increase healthy **communication** and social skills

*"Your present circumstances don't determine where you go; they merely determine where you start."*

— Nido Qubein



## Our support continues after the program

Completion of the ASTAT program is only the beginning of our supportive process.

Once your child has graduated from the program, they have the opportunity for continued group support with us.

**Options include our:**

- Weekly Aftercare Program
- Reflections Long-Term DBT Group

We encourage participation in one of our group options for continued weekly clinical skill building and consistent social support.