

**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**

**Adult Intensive Outpatient
(IOP)**

Adult Group Programs



We're here to support you.

DaTRAC supports adults through 4 group programs with a range of lengths and focuses depending on each client's unique challenges and acuity

Programs Focus

Provide a supportive environment that emphasizes:

- Developing health coping skills
- Addressing problems with guidance, encouragement, education and resources
- Promote mental wellness

Program Details

Level of Care: Intensive Outpatient

Age: Adults 18+

Skills:

- DBT Dialectical Behavioral Therapy
- CBT Cognitive Behavioral Therapy

4 programs offered:

1. **STAT** (Short Term Assessment & Treatment)
2. **DaTRAC** (Day Treatment & Track)
3. **Reflections** (Long term support)
4. **Anger Management**

STAT Program

Short Term Assessment & Treatment focused on stabilization & step down

The goals of STAT are stabilizing mental health symptoms, preventing hospitalization or as a step down from higher levels of care such as Partial Hospitalization Programs (PHP), crisis residence, or hospitalization.

Length: 10 days

Schedule: Mon – Thurs, 9am -12pm

Reflections Program

DBT focused Long Term Support

The goals of Reflections are creating a long-term supportive environment where participants continue their exposure to DBT (Dialectical Behavioral Therapy) and teaching participants to apply these skills.

Length: 6 months

Schedule:

- Mon: 12pm – 3pm
- Tues: 4pm - 7pm
- Thurs: 9am – 12pm

DaTRAC Program

Day Treatment & Track focused on DBT, coping skills, mental wellness

DaTRAC focuses on the four modules of DBT (Dialectical Behavioral Therapy) and emphasizes the development of health coping skills to address problems and promote mental wellness.

Length: 8 weeks or 12 weeks

Schedule:

- Morning: T W Th, 9am – 12pm
- Afternoon: M T Th, 1pm – 4pm
- Evening: M W, 5pm – 8pm

Anger Management

Anger origins, coping & skills application

Anger Management focuses on helping participants understand origins of anger, developing healthy coping responses, and applying these skills in real world scenarios.

Length: 8 weeks

Schedule: Tues: 5pm – 8pm