

Contact Information

Avanti Center for Girls

Volunteers of America - Minnesota

10300 Flanders Street NE

Blaine, MN 55449

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Testimonials

Here's what we've heard from recent program participants and their families:

“Thanks to Avanti I've started building my life worth living. Thanks for helping me when I was lost and showing me how to be brave and for saving my life”. TL

“They pushed me to keep moving forward and didn't let me give up”. BM

“Thank you for helping me find the real me.” SB

“I'm so thankful for the changes I've seen in my daughter.” Father of AT

Vision:

Uplift All Lives

Values:

Collaboration, Compassion,
Excellence, Integrity and Respect

Mission:

Helping people gain self-reliance,
dignity and hope.



Avanti Center for Girls

- Comprehensive therapeutic services
- Treatment for serious emotional and behavioral problems
- Residential Treatment, Shelter and Evaluation programming
- Individual and Family therapy
- Psychological/Psychiatric services

voamn.org

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at 763-230-7470**

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**Volunteers
of America®**

MINNESOTA

Uplift All Lives

What We Do

The Avanti Center for Girls is a state of the art residential facility located on 20 acres of wooded grounds and scenic wetlands in the northern metro area that provides a continuum of treatment, evaluation and shelter services for females 13-18 who have emotional and behavioral problems.

With expertise in Dialectical Behavior Therapy, we assist our residents in attaining the skills necessary to improve their quality of life, the lives of those around them and to succeed as adults.

Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is an empirically researched psychotherapeutic treatment employing cognitive and behavioral principles. DBT is specifically designed to treat adolescents with patterns of suicidal ideation, self-harm, and emotional dysregulation.

Treatment modules include: Core Mindfulness, Interpersonal Effectiveness, Emotional Regulation, Distress Tolerance, and Walking the middle path.

- Individual and family therapy with use of DBT
- Skills group 3 times a week.
- DBT family skills group
- DBT skilled clinical staff on site, and skills intertwined throughout daily living.

Program Options

Treatment Program

- Ages 13 – 18, IQ 80 and above
- Serious emotional and behavioral problems
- Department of Human Services licensed Severely Emotionally Disturbed (SED) program
- Dialectical Behavior Therapy (DBT) model

Shelter Program

- Ages 13 – 18
- Youth in crisis or transition
- 90-day maximum length of stay
- Safe environment for stabilization of behaviors and life skill development

Evaluation Program

- Ages 13 – 18
- Six week program (42 day stay)
- Medical screening
- Residential Behavior Assessment
- Psychological Assessment
- Psychiatric Assessment
- Developmental family history
- Chemical Health Assessment by request
- Treatment recommendations

