

## Contact Information

### Children's Residential Treatment Center CRTC

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### Referral Contact

Emily Stolarski

## Testimonials

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

"The best part was the kind hearts of staff and how they care about me. Even when they gave me consequences they are still here to talk to me. Also, all of the very helpful therapy and help I have received getting over my trauma."

"Our therapist was by far the best thing to happen to us. Excellent services to our daughter and our family – she did an outstanding job."

"Dear CRTC Team, Thank you so much for helping me. You guys never gave up. I've learned a lot here and have made such amazing progress. Just thank you. You guys helped me find a reason in my life. I will never forget any of you."

### Vision:

Uplift All Lives

### Values:

Collaboration, Compassion,  
Excellence, Integrity and Respect

### Mission:

Helping people gain self-reliance,  
dignity and hope.



## Children's Residential Treatment Center

### Building Hope for Youth and Families

- Serving youth 11-17
- Milieu Therapy
- Family Therapy
- Individual & Group Therapy
- Psychiatric Consultation
- Medication Management
- Educational & Recreational Programs
- Parenting Groups

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at 612-870-4300**

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MINNESOTA

*Uplift All Lives*

## What We Do

**Intensive residential treatment in a secure setting for seriously emotionally disturbed youth.**

**We believe that therapeutic work with children and adolescents can best occur through the development of individualized treatment program and in a caring, safe, supportive environment.**

**The program focus is to assist the youth in developing skills to relate constructively to his/her environment through the use of intensive psychotherapies and cognitive and emotional skill building.**

## Program Highlights

- Intensive therapeutic services including twice weekly individual therapy.
- Focus on collaboration with family and providing intensive family therapy.
- Secure setting for adolescents who present with patterns of life-threatening or high risk behaviors.
- Attachment based interventions with focus on relationship development between kids and staff.
- Specialized treatment such as Trauma-Focused Cognitive Behavioral Therapy and Dialectic Behavior Therapy style interventions.
- Trauma Informed Care.

## Program Clients

The program serves severely emotionally disturbed youth age 11-17. Services are centrally located in Minneapolis, in a secure, 24 bed intensive residential treatment setting with length of stay being approximately 8-11 months.

Clients present with problems including

- Mood disorders,
- Anxiety disorders,
- Trauma,
- Attachment issues,
- Suicide attempts/gestures,
- Self injuring,
- Eating disorders,
- Thought disorders.

Our youth are struggling with persistent patterns of life-threatening or high risk behaviors that require intervention in a contained and highly structured environment.

