

## VONA CENTER FOR MENTAL HEALTH

9220 Bass Lake Road  
Suite 255  
New Hope, MN 55428  
763-225-4052

### PROGRAM OUTCOMES

#### OVER 88% CLIENT SATISFACTION RATING

80% success in achieving:

- Learning to cope with stress and difficult emotions
- Improving satisfaction with relationships
- Reducing risk of hospitalization or needing other forms of higher care
- Re-engaging in activities like school, work, volunteering, and socializing

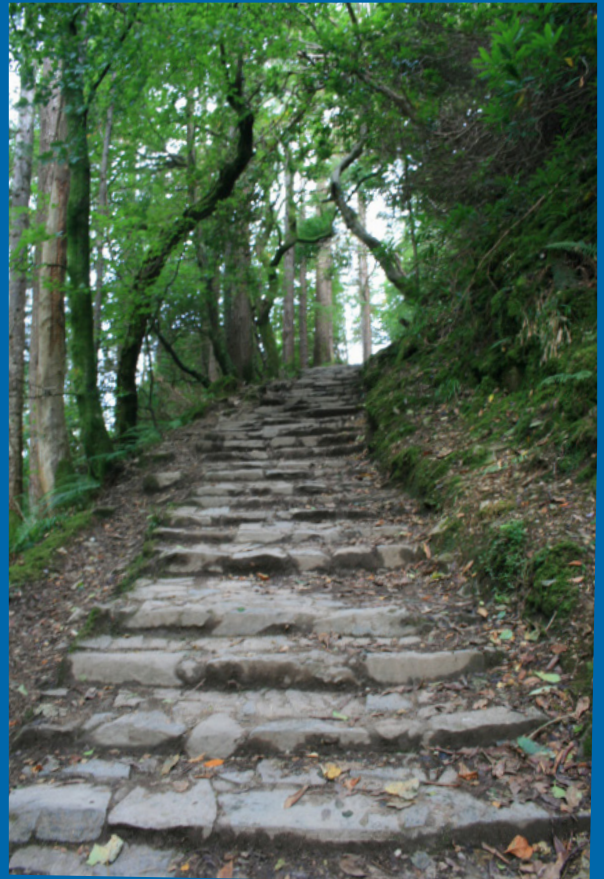


All-inclusive services

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

"If I could check a box that is more positive than "strongly agree" I would. I'm glad I found this place because I'm very comfortable here with the staff and my provider."

"Mary is no longer fearful and actively participates in her volunteer work and social activities. Her advice to anyone going into therapy is that it is a lot of work, but that it can be done."



VONA CENTER FOR MENTAL HEALTH  
OUTPATIENT MENTAL HEALTH SERVICES

 [voamn.org](http://voamn.org)

 763-225-4052

**VONA**  
CENTER FOR MENTAL HEALTH™



Volunteers of America®

MINNESOTA AND WISCONSIN

## VONA CENTER FOR MENTAL HEALTH

Our outpatient services offer hope and a comprehensive array of effective mental health services for those of all ages. These services are culturally affirmative, individualized, and designed to achieve successful results using best practices.

We provide the following services:

- Comprehensive Diagnostic Assessment
- Individual psychotherapy
- Family psychotherapy
- Group psychotherapy
- Psychological assessment and testing
- Psychiatric assessment and medication management

Our multidisciplinary team of professional staff focus on helping cope with:

- Emotional and behavioral challenges
- Depression
- Anxiety
- ADHD
- Family conflict
- Grief and loss issues
- Stress/adjustments to life transitions
- Trauma Events
- Attachment issues
- Suicidal ideation and self-harming behaviors



In addition to our standard outpatient therapy services, we offer the following specialty services:

### DIALECTICAL BEHAVIOR THERAPY

Serving ages 11-25 by using the adherent model to address suicidal ideation, self-harming behavior and other challenges.

### DEAF, HARD OF HEARING AND DEAFBLIND

School, clinic and community-based therapy for children, adolescents, young adults and their families. Our staff is fluent in American Sign Language.

### ADULTS

Expertise in serving adults and their related mental health needs.

### PLAY THERAPY

Experience in using play to address behavioral and emotional challenges in youth.

### TRAUMA

Competency in providing Trauma Focused Cognitive Behavioral Therapy and a commitment to Trauma Informed Care.

### DAYS/HOURS

Monday through Friday, 8:00 a.m. to 6:00 p.m. Appointments are typically scheduled to accommodate the needs of the participant and their family.

### FEES

Our clinic accepts and is in-network with most insurance companies, including Medical Assistance. Private Pay and contractual agreements with counties are also accepted.

## REQUESTING SERVICES

The first step is to schedule an intake assessment by contacting our Engagement Specialist

P: 763-225-4052 [voamnwi.org/mh](http://voamnwi.org/mh)