

## CONTACT US

9220 Bass Lake Road  
Suite 255  
New Hope, MN 55428

Vona Center for  
Mental Health  
☎ 763-225-4052

## PROGRAM OUTCOMES

While navigating life's challenges over 80% of our participants achieve their goals of:

- Developing methods to cope with stress and difficult emotions
- Improving satisfaction within their relationships
- Participating in engaging activities and taking care of tasks of daily living
- Reducing risk of hospitalizations and strengthening ability to live independently



## SENIOR MENTAL HEALTH MENTAL HEALTH SERVICES FOR OLDER ADULTS

🌐 [voamn.org](http://voamn.org) ☎ 763-225-4054

VISION Uplift all lives

VALUES Collaboration, compassion, excellence, integrity & respect

MISSION Help people gain self-reliance, dignity and hope

**VONA**  
CENTER FOR MENTAL HEALTH™

 **Volunteers of America®**  
MINNESOTA AND WISCONSIN

 All-inclusive services

## WHO WE ARE

Our age-specific therapy services are here to help when life presents challenges that become hard to manage. Program therapists can support you with a variety of life's difficulties including:

- Adjustment to life transitions
- Anxiety
- Bipolar Disorder
- Depression
- Excessive stress (caregiving & grand-parenting stress)
- Grief & loss
- Loneliness/isolation
- Post-Traumatic Stress Disorder (PTSD)
- Relationship difficulties
- Suicidal thinking/self-harming behaviors

### SERVICE MODEL

Our goal is to strengthen an individual's ability to live their life to the fullest. To achieve this:

- Program staff have dual competency in older adult issues and mental health.
- Initial assessments are well rounded to include an older adult's mental health, physical health, cognitive health, and daily functioning level.
- Individualized plans for treatment are based on techniques that work for older adults and identify what you want to accomplish in therapy.
- Collaboration can be pursued with family members and service providers who have a trusted relationship with you to coordinate good care.

### SERVICES INCLUDE

- Comprehensive diagnostic assessment
- Individual & family psychotherapy
- Psychiatric evaluation and medication management for program clients only (New Hope only)

### LOCATIONS

- Vona Center for Mental Health, 9220 Bass Lake Road Suite 255, New Hope, MN 55428
- Coon Rapids Senior Center, 11155 Robinson Dr, Coon Rapids, MN 55433
- Park ElderCenter, 1505 Park Ave S, Minneapolis, MN 55404

### FUNDING

Senior Mental Health Services accepts and is in-network with most insurance companies, including: Medicare and Medical Assistance. Private Pay and contracted agreements with counties are also accepted. Our clinic will verify health plan coverage and get prior authorizations as needed.

### PERSONS SERVED

- Are age 55 and older
- Are willing and able to participate in mental health therapy
- Are not in imminent risk of serious harm to self or others

### REQUESTING SERVICES

☎ 763-225-4054

🌐 [voamnwi.org/seniormh](http://voamnwi.org/seniormh)