

Now Accepting Referrals



Bar None - Omegon is a co-educational facility which offers specialized treatment services for male and female adolescents, ages 12 through 17, who are experiencing serious emotional, social and/or behavioral disorders, combined with the abuse/dependency on mood-altering chemicals.

Omegon's program operates from the philosophies of Cognitive Behavioral Therapy (CBT) and the Stages of Change. Our Phase System highlights these principles. CBT is evidence-based for both mental health and chemical health and focuses on the identification of unhelpful belief systems and cognitive restructuring in order to create healthier behavior patterns. CBT places a good deal of its focus on the present: on currently-held attitudes, painful emotions and maladaptive behaviors that can sabotage a fuller experience of life.

Additionally, Omegon values the role of family involvement in a child's overall wellness and success in life.

PROGRAM COMPONENTS

Clients participate in a variety of regular groups and recreational programming. Facilitated community meetings focus on developing problem solving skills, conflict resolution, and current living unit issues.

Youth present with issues including:

- Mood and behavioral disorders including depression
- Low self-esteem
- Disruptive behaviors
- Substance abuse
- Chronic failures in homes, school, and community

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

SERVICES WE PROVIDE

- Milieu Therapy
- Family Therapy
- Individual & Group Therapy
- Chemical Health Groups
- Individual CD Counseling
- Psychiatric Consultation
- Medication Management
- Educational & Recreational Programs
- Family Groups

NOTABLE FEATURES

- Psychiatric services
- Nursing services
- Clinicians trained in trauma-focused therapies

**For referrals and more information, contact our Intake Coordinator
Jennifer Padden Phone: 952-945-4105 Email: jennifer.padden@voamn.org**