Bar None - Omegon is a residential facility which offers specialized treatment services for adolescents who are experiencing serious mental health and/or chemical issues. We are currently accepting referrals for males ages 12 through 17.

Bar None - 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, Bar None - 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 may 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
• Aftercare services

For referrals and more information, contact our Intake Coordinator
Sara Ellis  Phone: 763-252-4541  Email: sara.ellis@voamn.org