

## CONTACT INFORMATION

### Avanti Center

Volunteers of America - Minnesota  
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[voamnwi.org/avanti](http://voamnwi.org/avanti)



## TESTIMONIALS

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

"Thanks to Avanti I've started building my life worth living. Thanks for helping me when I was lost and showing me how to be brave and for saving my life." -TL

"They pushed me to keep moving forward and didn't let me give up." -BM

"Thank you for helping me find the real me." -SB

"I'm so thankful for the changes I've seen in my daughter." -Father of AT

## AVANTI CENTER

- Comprehensive therapeutic services
- Treatment for serious emotional and behavioral problems
  - Residential Treatment and Evaluation programming
  - Individual and Family therapy
- Psychological/Psychiatric services

 [voamn.org](http://voamn.org)  763-230-7470

**VISION** Communities where all lives are uplifted

**VALUES** Compassion, Integrity and Perseverance

**MISSION** We help people build hope, resilience and well-being



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## WHAT WE DO

The Avanti Center is a residential facility located on wooded grounds and scenic wetlands in the northern metro area that provides a continuum of treatment and evaluation services for biological females ages 12 to 18 who have emotional and behavioral challenges.

With expertise in Dialectical Behavior Therapy, we assist our residents in attaining the skills necessary to improve their quality of life, the lives of those around them and to succeed as adults.

## DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical Behavior Therapy (DBT) is an empirically researched psychotherapeutic treatment employing cognitive and behavioral principles. DBT is specifically designed to treat patterns of suicidal ideation, self-harm, and emotional dysregulation.

Treatment modules include: “Core Mindfulness,” “Interpersonal Effectiveness,” “Emotional Regulation,” “Distress Tolerance,” and “Walking the Middle Path.”

- Individual and family therapy with use of DBT
- Skills group 3 hours per week
- DBT family skills group
- DBT skilled clinical staff on site, and skills intertwined throughout daily living

## PROGRAM OPTIONS

### TREATMENT PROGRAM

- Ages 12 to 18, IQ 80 and above
- Self-harming, suicidal ideation, anxiety, depression and other significant disruptive symptoms
- Department of Human Services licensed Severely Emotionally Disturbed (SED) program
- Dialectical Behavior Therapy (DBT) based-programming

### EVALUATION PROGRAM

- Six week program (42-day stay)
- Medical screening
- Residential Behavior Assessment
- Psychological Assessment
- Psychiatric Assessment
- Developmental family history
- Treatment recommendations

