



BROOKLYN PARK
9400 Zane Avenue North
Brooklyn Park, MN 55443
763.762.8800

Medical Office Building
5500 94th Avenue North
Brooklyn Park, MN 55443
763.383.5800

CHASKA
111 Hundertmark Road
Chaska, MN 55318
952.903.1350

EDINA
6363 France Avenue South
Edina, MN 55435
952.230.9100

MANKATO
TEMPORARY SPACE
201 North Broad Street
Mankato, MN 56001
507.322.5464

MAPLEWOOD
2001 Beam Avenue
Maplewood, MN 55109
952.737.4500

ROCHESTER
1620 Greenview Drive SW
Rochester, MN 55902
507.218.3701

WOODBURY
659 Bielenberg Drive
Woodbury, MN 55125
651.259.9700

| Clinic | IOP | PHP | Inpatient | MI/CD |
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CHILDREN TEENS ADULTS

Providing Each Individual Patient
The Psychiatric Care They Truly Need



Joint Commission Accredited
Inpatient and Partial Hospital

A University of Minnesota Medical School Affiliate

prairie-care.com
952.826.8475



Revised Spring 2019

ACCESSING MENTAL HEALTH CARE

FREE NEEDS ASSESSMENT

It all starts with a phone call...

PrairieCare provides Free Needs Assessments to anyone seeking mental health care. Call 952.826.8475 to schedule.

What is a Needs Assessment?

An interview with a master's prepared counselor about mental health concerns, family history, and how symptoms are affecting the patient's life.

Who should get a Needs Assessment?

Anyone with mental health concerns. A Needs Assessment is designed to help people with mental health concerns identify the services that would be most helpful given their circumstances.

How much does it cost?

Your Needs Assessment is free, PrairieCare staff will work with your insurance company regarding the cost of the program referrals made. We encourage families to contact their insurance provider to ask more about specific program coverage.

Where do Needs Assessments take place?

| FOR CHILDREN & TEENS | FOR ADULTS |
|----------------------|--|
| Brooklyn Park | Brooklyn Park (Medical Office Building) |
| Chaska | Chaska |
| Edina | Edina |
| Mankato | Mankato (18-29 yrs) |
| Maplewood | Rochester |
| Rochester | Woodbury |



CHILDREN & TEENS

CLINIC SERVICES

- Monday thru Friday 8:00am-4:30pm
- Evening hours are offered and vary by location (please call)

Services may be provided by the following PCMG Clinicians:

- Child and Adolescent Psychiatrists
- Family Therapists
- Individual Therapists
- Play Therapists
- Psychologists
- Neuropsychologists
- Advanced Practice Registered Nurses
- Integrative Mental Health Clinicians
- Occupational Therapy

DUAL DIAGNOSIS Mental Health & Substance Use

Services accessible through a FREE Needs Assessment include:

- Comprehensive Psychiatric Evaluation
- Brief intervention for at risk substance use
- Individual & Family Therapy
- Medication Assisted Therapy, including buprenorphine treatment

AFTER-SCHOOL INTENSIVE OUTPATIENT PROGRAM

Behavior Development Program (BDP) Children

Healthy Emotions Program (HEP) Teens

- 6 week program
- Monday thru Thursday 3:30pm-6:30pm
- Twice a week Parent Group/Parent-Child Activity

PARTIAL HOSPITALIZATION PROGRAM (PHP)

- Average length of stay 16-18 treatment days

Treatment provided may include:

- Psychiatric Medication Management
- Psychoeducation
- Group and Individual Therapy
- Skills Building
- Symptom Management
- Spirituality
- Academics provided by Licensed Teacher

INPATIENT HOSPITALIZATION

- 24/7
- Average length of stay 8-10 treatment days
- Treatment programming is daily from 9:00am-5:00pm

Treatment provided may include:

- Psychiatric Medication Management
- Psychoeducation
- Group and Individual Therapy
- Skills Building
- Symptom Management
- Spirituality
- Academics provided by Licensed Teacher

ADULTS

CLINIC SERVICES

- Monday thru Friday 8:00am-4:30pm
- Evening hours are offered and vary by location (please call)

Services may be provided by the following PCMG Clinicians:

- Adult Psychiatrists
- Individual and Family Therapists
- Psychologists
- Advanced Practice Registered Nurses
- Integrative Mental Health Clinicians

INTENSIVE OUTPATIENT PROGRAM (IOP)

- Average length of stay 24-27 treatment days
- Monday thru Friday 8:45am-12:00pm OR Monday thru Friday 12:45pm-4:00pm

Treatment provided may include:

- Psychiatric Medication Management
- Psychoeducation
- Group Therapy
- Skills Building
- Art Therapy
- Yoga

SPECIALIZED PROGRAMMING & CLINIC SERVICES

Brooklyn Park Medical Office Building
Co-Occurring Mental Illness/Chemical Dependency(MI/CD)
Perinatal Mental Health

Chaska

Mindfulness Based Cognitive Therapy (MBCT) & A-DBT

Edina

3 Day Intensive Outpatient Program (IOP)
Transcranial Magnetic Stimulation (TMS)
First Episode Psychosis
A-DBT/ACT Program

Woodbury

Adapted Dialectical Behavior Therapy (A-DBT)

For more information on specialized programming, visit our website:
www.prairie-care.com/services/intensive-outpatient/

