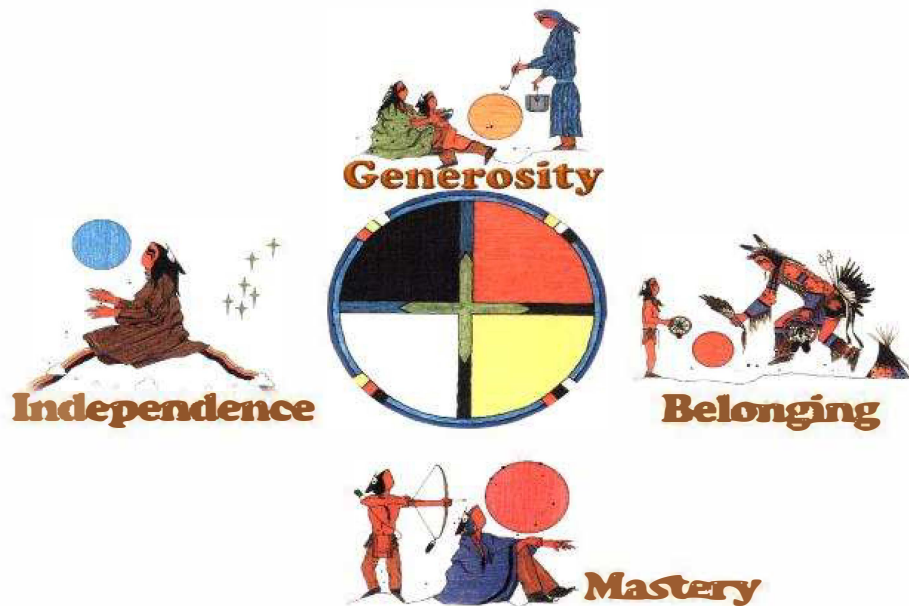


# Circle of Courage Youth Program

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## GROUP HOME

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3619 15<sup>th</sup> Ave. SW Willmar, MN 56209

Phone: 320-235-3664

Fax: 320-235-1671

Web: [www.greatermnnesota.org](http://www.greatermnnesota.org) (Referral)

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A PROGRAM OF



## Here is who we are...

Our Circle of Courage Youth Program provides mental health services in our residential group home setting. We also offer temporary shelter for youth at a crucial time in their lives. Our Program practices the Circle of Courage values to help improve social, emotional, and behavioral outcomes. While also helping to guide, support, strengthen and heal the family relationship to help ensure a more successful transition back into the child's home community or new community.

Programming is practiced in every daily experience and activity. Community outings offer focus on social skills and appropriate community behaviors. We strive to help increase young people's self-esteem and self-awareness, so youth can recognize and manage their own self, feelings, and behaviors.

Our consistent nurturing structure helps young people feel safe as they move towards reunification with their families or towards an unfamiliar environment and or adulthood.

We are a family-based program, we strongly encourage and recommend guardians actively participate in the youth's program. Family or Guardians are an essential piece in the healing process. Healing is most successful with consistent communication and gathering with the youth. This helps to create a sense of belonging for both the child and the family or guardian. Regular, consistent communication and visits also help to support a more successful transition.

## Here is what we offer...

We offer daily program milieu behavior observations as well as a Diagnostic Assessment. Program RN services and outpatient psychiatry with a provider whose services are offered to all our program youth. Individual, Group and Family therapy are also offered in person, Clinicians services are primarily offered to our program youth and their families.

WHAT IS A DIAGNOSTIC ASSESSMENT? A DA is necessary to determine a person's eligibility for mental health services. The DA is a written report that documents the clinical and functional face-to-face evaluation of a person's mental health. This report includes nature, severity, and impact of behavioral difficulties. Functional impairment, subjective distress, strengths, and resources.

Our mental health program does not offer truancy services, respite services or correctional services. Our program is non-restrictive and non-secure. We are not considered QRTP/accredited or PRTF. Our organization is a private non-profit licensed with the Department of Human Services.

Program referrals must come from the placing county, the county is financially responsible for the room and board portion of placement.

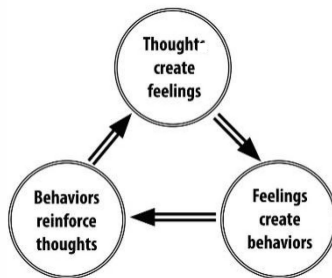
Referrals can be found on our website at [www.greaterminnesota.org](http://www.greaterminnesota.org). Referrals can be emailed to the director which is listed on the web page or through fax at 320-235-1671.

Clinical services are billed through the client's insurance. We ask that the information provided is detailed and if the client has supporting documents such as assessments, that they be attached with the referral. This information allows for a more informative and speedy acceptance response. Screening criteria will also be communicated during the referral process. Should a youth be accepted, all intake documents must be completed and returned prior to intake confirmation.

## CLINICAL SERVICES

Services are offered within programming as well as discharge after care.

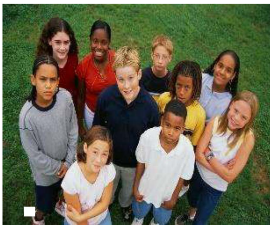
### INDIVIDUAL THERAPY



An individual treatment plan is developed based on the client's needs.

Treatment plan objectives consist of goals, and strategies. Common topics can include identifying and expressing feelings/emotions, anger management, impulsivity, healthy decision making, identifying healthy relationships, trauma, working through and identifying forms of abuse with the progressive/successful goal being to decrease mental health symptoms. Weekly session amount is based on need. These sessions can range from 1-3 times a week.

### GROUP THERAPY



Group therapy helps reduce mental health symptoms and promote social skills.

Psychoeducation topics are taught and practiced such as coping skills, mindfulness techniques, communication, healthy boundaries, conflict resolution identifying healthy relationships as well as identifying and expressing feelings/emotions openly. Diagnosis such as trauma, anxiety and depression are also discussed and worked thorough within a group environment. Group therapy aka Day Treatment is 4 times per week.

### FAMILY THERAPY



Family therapy helps to promote healthy relationships and communication

between family members. The goal outcome is to create stronger lasting relationships and help to improve the home environment. Weekly session amount is based on need. These sessions can range from 2-4 times monthly.