

What to Expect:

Adult In-Home Therapy Program

Adult In-Home Therapy is a community-based service that is offered to clients with mental illness who experience barriers to receiving therapy in an office setting.

Adult In-Home Therapy Program Details:

Adult In-Home Therapy is a service that is covered by MA and PMAP products. If a client has commercial insurance, they do have the option for private pay for the drive time charges.

Who is eligible?

- ▶ Clients ages 18 years or older
- ▶ Clients who have received a diagnostic assessment from a qualified mental health professional that identifies a mental health diagnosis and clearly identifies the need for in-home therapy (for example: what barriers are present that prevent client from getting into the office, including medical issues, transportation barriers, severe mental health symptoms, etc.)
- ▶ Clients who have a qualifying insurance (our office will verify this for the client)

What can I expect?

- ▶ Psychotherapy, or talk therapy, is a service that helps people with a variety of mental illnesses and emotional difficulties to help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing.
- ▶ Problems worked on in therapy include difficulties in coping with daily life; the impact of trauma, medical illness or loss, like the death of a loved one; and specific mental disorders, like depression or anxiety
- ▶ Our therapists will meet with you in your home or community setting to provide psychotherapy services, including individual therapy, family therapy, and couples therapy, depending on treatment needs
- ▶ Our therapists use many different therapeutic modalities and tools based on the individual client needs, such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Dialectical Behavior Therapy (DBT) Skills, Trauma-Informed Care, etc.
- ▶ Therapy typically begins with one 60 minute appointment per week and then generally starts to taper off as clients make progress and accomplish goals
- ▶ Therapists will continue to meet with clients until they have met their goals
- ▶ Therapists will coordinate with the care team of the client as requested

MORE INFORMATION

Read about our full program at:
www.nystromcounseling.com

If you feel you would benefit from our Adult In-Home Therapy program, please call the clinic nearest you for more info or to make an appointment:

Apple Valley
952-997-3020

Baxter
218-829-9307

Eden Prairie
952-746-2522

Duluth
218-722-4379

Maple Grove
763-274-3120

New Brighton
651-628-9566

Woodbury
651-714-9646

Sartell/St. Cloud
320-253-3512

Otsego
763-746-9492

Coon Rapids
763-767-3350