

Mental Health, Psychiatry &
Chemical Dependency Services

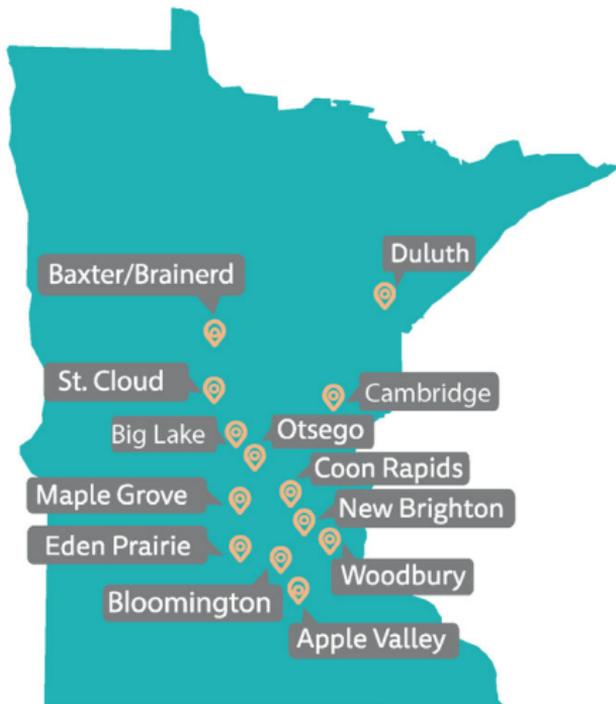


Bringing **help, hope,** and
healing to those who need it.

www.nystromcounseling.com

Who we are:

We are a group of professional care providers who are committed to helping individuals and families that are experiencing personal, emotional, marital, or psychological problems. Our integrated, wrap-around approach allows optimal treatment options and efficacy of patient care.



12 Minnesota Clinic Locations

Apple Valley

Merchants Bank Building
7300 West 147th Street, Suite 204
Apple Valley, MN 55124
952-997-3020 | Fax 952-997-3026

Bloomington

1101 E. 78th Street, Suite 100
Bloomington, MN 55420
952-854-5034
Fax 952-854-5363

Coon Rapids

Coon Rapids Professional Building
3833 Coon Rapids Blvd, Suite 120
Coon Rapids, MN 55433
763-767-3350 | Fax 763-767-0912

Big Lake

207 Jefferson Blvd
Big Lake, MN 55309
763-367-6080
Fax 763-263-7897

Baxter/Brainerd

13045 Falcon Drive, Suite 100
Baxter, MN 56425
218-829-9307
Fax 218-829-7649

Duluth

Providence Building
332 West Superior Street, Suite 300
Duluth, MN 55802
218-722-4379 | Fax 218-722-4333

NYSTROM & ASSOCIATES, LTD. α

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Our services:

- Psychiatry & Medication Services
- Counseling & Psychotherapy Services
- Psychological Evaluations
- Co-Occurring Chemical Dependency Treatment
- Dialectical Behavior Therapy (DBT)
- Adult Mental Health Day Treatment (ADT)
- In-Home Therapy for Adults (ARMHS)
- Children & Family Community Based Services
- Nutrition Counseling

Eden Prairie

Prairie Lakes Corporate Center II
11010 Prairie Lakes Drive, Suite 350
Eden Prairie, MN 55344
952-746-2522 | Fax 952-746-0887

New Brighton

Brighton Professional Building
1900 Silver Lake Road, Suite 110
New Brighton, MN 55112
651-628-9566 | Fax 651-628-0411

St. Cloud

Midsota Building
3701 12th Street, Suite 203
St. Cloud, MN 56303
320-253-3512 | Fax 320-253-1037

Maple Grove

13603 80th Circle North
Maple Grove, MN 55369
763-274-3120
Fax 763-274-3121

Otsego

9245 Quantrelle Avenue
Otsego, MN 55330
763-746-9492
Fax 763-746-3685

Woodbury

Woodbury Office Plaza
1811 Weir Drive, Suite 270
Woodbury, MN 55125
651-714-9646 | Fax 651-714-9647

Psychiatry & Medication Services

Psychiatric Medication Providers diagnose mental health disorders and provide treatment with medications. We offer child, adolescent and adult psychiatry/medication management.

Specialty areas include but are not limited to:

- Depression
- Anxiety disorders
- Postpartum depression
- Attention deficit hyperactivity disorder (ADHD)
- Bipolar disorder
- Personality disorders
- Developmental disabilities
- Serious and persistent mental illness (SPMI)

Counseling & Psychotherapy Services

Counseling and Psychotherapy Services assist people experiencing a wide range of mental health concerns. Individual, couples, and family therapy services are available.

Clinicians' specialty areas include but are not limited to:

- Abuse
- Anger issues
- Anxiety
- Attention deficit disorder
- Chronic pain/medical issues
- Codependency
- Conflict resolution skills
- Depression
- Eating disorders
- Grief and loss
- Guilt/shame
- Life transitions
- Obsessions/compulsions
- Personality disorders
- Pregnancy/postpartum
- Self-esteem issues
- Sexual and gender issues
- Stress management
- Suicidal thoughts
- Trauma

Psychological Evaluations

Psychological testing services assist individuals in identifying and clarifying a diagnosis, as well as provide in depth information about the individual's behaviors, personality and capabilities.

We provide the following psychological testing services:

- Emotional and behavioral testing
- ADD/ADHD evaluations ages 6+
- Neuropsychological testing including IQ and memory testing
- Learning disorder evaluations
- Evaluations for early entrance into kindergarten
- Mental health and personality disorder evaluations clarifying diagnoses
- Autism spectrum disorder evaluations for children and adults ages 3+
- Developmental delay evaluations
- Bariatric evaluations

Co-Occurring Chemical Dependency Treatment Programs

Intensive outpatient Co-Occurring Chemical Dependency Treatment Programs are licensed by the Minnesota Department of Human Services under Rule 31. We provide adult and adolescent assessments, and group, individual and family counseling services at various intensity levels to address primary or continuing care needs.

Chemical Dependency services include:

- Assessment and referral
- Co-Occurring Chemical Dependency Treatment for adults and adolescents
- Suboxone® Treatment for opiate addiction
- Driving With Care® DUI/DWI cognitive skills classes
- Family Education and Support Program available for family members
- After Care

Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is a Minnesota Department of Human Services certified treatment designed specifically for individuals with self-harm behaviors, suicide ideation and/or emotional dysregulation.

Adult DBT:

- Ages 18+
- Weekly individual therapy and weekly skills groups
- Access to phone coaching with a Nystrom & Associates' DBT therapist

Family DBT Therapy for Adolescents and Parents:

- Ages 13-18
- Weekly individual therapy with a trained DBT therapist
- At least one parent or legal guardian will be required to attend individual therapy and skills group
- Access to phone coaching with a Nystrom & Associates' DBT therapist

Family DBT Therapy for Children and Parents:

- Ages 8-12
- At least one parent or legal guardian will be required to attend individual therapy and skills group
- Access to phone coaching with a Nystrom & Associates' DBT therapist



Adult Mental Health Day Treatment

Adult Mental Health Day Treatment (ADT) provides Minnesota Department of Human Services certified programs that offer a group experience for individuals up to five days per week and three hours per day. ADT services provide structure, support, and therapy to address and cope with mental health concerns.

ADT services can help in the following areas:

- Develop and enhance psychiatric stability with the goal of recovery from mental illness
- Develop and enhance independent, community living, and socialization skills
- Support personal and emotional adjustments and growth
- Foster healthy coping skills to enhance quality of life

Adult Rehabilitative Mental Health Services (ARMHS)

Family Support Services, Inc. (FSSI), a sister company of Nystrom & Associates, Ltd., provides Minnesota Department of Human Services certified ARMHS services throughout Minnesota for clients ages 18+ who have a mental health diagnosis and are on Medical Assistance (MA) or Pre-Paid Medical Assistance Plans (PMAP).

ARMHS programs can help a person in the following areas:

- Communicating opinions, thoughts and feelings, or key information with others
- Discovering and using community resources
- Preventing relapse
- Budgeting and shopping
- Developing a healthy lifestyle
- Learning to utilize and access transportation options
- Monitoring use and effectiveness of medications
- Managing the symptoms of mental illness
- Re-entering community living after treatment



Children & Family Community Based Services

Children & Family Community Based Services include the following:

Children's Therapeutic Services and Supports (CTSS)

- Certified by the MN Department of Human Services
- For children and adolescents under the age of 21
- Mental health professionals and practitioners meet with the child or adolescent and their family in their home, school, daycare or other appropriate community locations

Early Childhood Services

- In-home therapy program for children ages 2-4 who are having significant behavioral difficulties
- The specially trained mental health practitioners will focus on improving relationships, implementing structure and parenting skills as well as focusing on the child's regulation skills in order to improve overall functioning

School Based Mental Health

- Embeds mental health clinicians within a school building to provide therapeutic services to students who have a mental health diagnosis

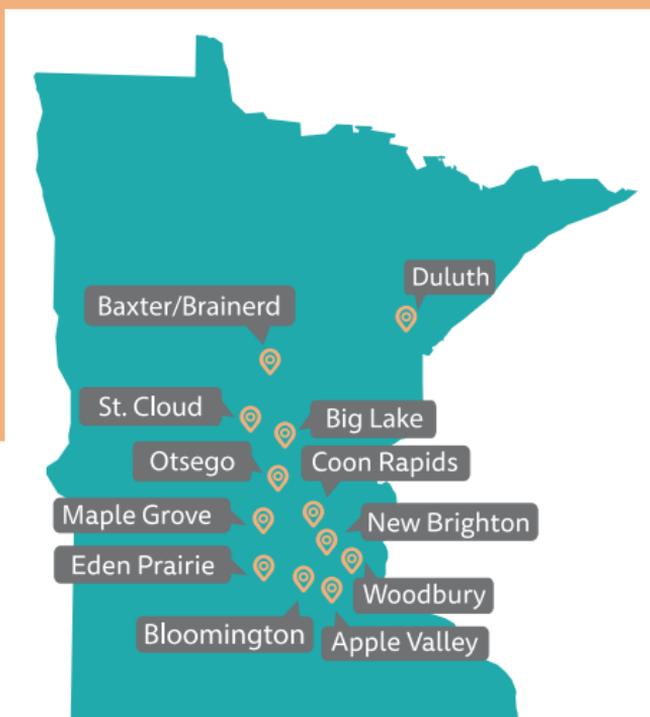
Nutrition Counseling

Our Registered Dietitians specialize in nutrition, work with individuals to address chronic health conditions through diet analysis, and facilitate lifestyle behavior modifications that help achieve optimal wellness.

Nutrition counseling includes:

- Individual counseling and nutrition coaching
- Nutrition counseling groups
- Weight management skills
- Eating disorders
- Diabetes and other medical conditions
- Food sensitivity testing

Contact Us



Make an Appointment or Referral:

1-844-NYSTROM (697-8766)

See pages 2-3 for local numbers

Billing/Insurance Department:

651-379-1704



Hours: Monday - Saturday appointments

www.nystromcounseling.com

Fees: We accept all commercial insurance, Medical Assistance (MA), Pre-Paid Medical Assistance Plans (PMAP), Medicare, and Tricare.



Rule 25 funding accepted for chemical dependency services. A reduced rate is available for private pay patients.