



## Individualized, Family-Focused Care

Center for Families' unique full-day PHP program in Minneapolis provides comprehensive mental health treatment using evidence-based therapeutic modalities and experiential programming, including art, music, improv, adventure therapy, and community-based activities.

While treatment is individualized for each of our teens, the heart of our program is the focus on family engagement, utilizing Attachment-Based Family Therapy to heal the family system as a whole.

### Our program provides:

- ▶ Clinical and experiential therapy to address primary mental health disorders and co-occurring issues
- ▶ An integrated approach that addresses each aspect of teens' mental and physical well-being
- ▶ Multidisciplinary treatment teams of medical, clinical, and academic experts who collaborate to optimize treatment plans
- ▶ In-depth psychiatric assessments and care, including medication management
- ▶ Gender-affirming care for LGBTQI+ adolescents that mitigates the potential impact of gender dysphoria



## Building a Foundation for Thriving

Center for Families' programming helps teens build strong relationships, learn and practice healthy coping skills, grow their self-worth and resilience, and reestablish trust and connection with themselves and their loved ones.

Our approach heals the primary mental health issues underlying emotional struggles and high-risk behaviors. We treat:

- ▶ Relational, acute, and collective trauma
- ▶ Depression, suicidal ideation, and self-harm
- ▶ Anxiety, phobias, and school avoidance
- ▶ Internet addiction and gaming disorder
- ▶ Behavioral issues and family conflict
- ▶ Co-occurring disorders, such as substance use and disordered eating



CENTER  
FOR FAMILIES

A Program of Newport Healthcare

## Transforming the Lives of Teens and Families Through Comprehensive Local Care

Center for Families is addressing the teen mental health crisis by providing evidence-based outpatient care in an environment of compassion and acceptance. We take a whole-person, family-centered approach, guiding teens to sustainable healing while supporting the entire family to create long-term positive change.





## What Makes Center for Families Different from Other Outpatient Treatment Programs?

### Integrated Care

Each client receives a tailored treatment plan, designed by a multidisciplinary team including board-certified child and adolescent psychiatrists, psychologists, family and individual therapists, nurses, certified experiential therapists, and registered dietitians.

Our clinicians are highly trained in a variety of evidence-based individual and group modalities, including Attachment-Based Family Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, EMDR, Acceptance and Commitment Therapy, and Relapse Prevention.

### Therapeutic Day School

Our Therapeutic Day School ensures that students in our PHP program continue to progress in their education and build executive functioning and organizational skills.

- ▶ Up to four hours of academics daily
- ▶ Special education teachers and tutors
- ▶ Weekly scholastic plans developed with patients' schools
- ▶ Transition plans to support successful reintegration

### Therapy That Goes Outside the Treatment Room

At Center for Families, teens may find themselves exploring the local community, kayaking on Bde Maka Ska lake, doing yoga or mixed martial arts, making art, or participating in improv theater, all facilitated through a therapeutic lens. Our experiential groups help teens build strong peer connections and learn healthy coping mechanisms to replace maladaptive behaviors.



### A Clinical Model Proven to Succeed

As a program of Newport Healthcare, Center for Families utilizes a clinical model of care that yields industry-leading success rates. We are fully accredited by The Joint Commission, the nation's oldest and largest healthcare accrediting body.



To learn more about Center for Families, scan the QR code.

## Full-Day Programming, Five Days a Week

Our Therapeutic Day Program in Minneapolis is a Partial Hospitalization Program (PHP) that blends clinical and experiential modalities with academics, using an accredited curriculum and specialized tutoring.

This level of care is ideal for teens who are able to remain at home but need more structure and support than weekly therapy can provide, and would benefit from a strengths-based academic component designed to address proficiency gaps and nurture interests and talents.

**Find out if Center for Families is right for your loved one.**

**Schedule a call with our team today.**

 **866-490-6251**

**We provide transportation for clients to and from the program, to optimize access and convenience for families.**



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