

# Omegon

Residential Treatment Center

## Building Hope for Youth and Families

### Youth 12-17

- Milieu Therapy
- Family Therapy
- Individual & Group Therapy
- Chemical Health Groups
- Individual CD Counseling
- Psychiatric Consultation
- Medication Management
- Educational & Recreational Programs
- Family Psychoeducation Group

Intensive residential treatment for seriously emotionally disturbed and chemically abusive youth.



## Program Components

Omegon takes a holistic approach to meeting the therapeutic needs of youth and their families. Omegon provides intensive Individual, Family, and Group Therapy services. Families are expected to regularly join the Family Psychoeducation Group, offered four times per month.

Clients participate in a variety of daily groups and recreational programming. Community meetings, facilitated by our counseling staff, focus on developing problem solving skills, conflict resolution, and current issues on the living unit. Once a week the educational staff join Community meetings to review the clients' educational accomplishments.

Individualized treatment plans are developed to address the needs of residents and their families. The program will help clients to change their irrational thought processes and replace them with better coping skills and self management techniques. An understanding of individual and family dynamics assists in developing new skills for communication, problem solving, and coping. The treatment plan is regularly updated to reflect changes and to note progress.

During the course of treatment, clients rotate through four chemical health groups that provide them with an increased understanding of chemical health, steps of sobriety, the life effects and consequences of chemical use, and establishing relapse prevention planning.

Clients receive ongoing assessment throughout their treatment program for psychological, educational, medical, family, recreation, living skills, and chemical health needs.

### Aftercare Services

- Aftercare services are a part of the continuum of care, which begins upon admission
- Ongoing contact with Case Manager or Resident Advisors for up to three months after discharge
- Family Therapy and Family Psychoeducation Group
- Transitional planning and support

## Program Components

**Omegon is a 26-bed intensive residential treatment center serving male and female adolescents ages 12 to 17, who are experiencing serious emotional, social, and behavioral disorders, combined with the abuse and/or dependency on mood-altering chemicals.**

The youth present with issues related to mood and behavioral disorders including depression, low self-esteem, disruptive behaviors, substance abuse, and chronic failures in homes, school and community

Omegon offers two tracks for treatment services, depending on need and previous treatment history:

- Our long term, 6-9 month program is designed for youth who have experienced multiple previous treatment interventions, including outpatient and inpatient treatment, and require a longer-term integrative, therapeutic, and skill-building experience to intervene with their problems.
- Our short term 3-4 month program is designed for youth whose chemical use and mental health history is not as extensive and have experienced more limited previous treatment interventions or for youth who have successfully completed treatment in the past, but due to relapse or worsening mental health require additional residential intervention.

### Education

- On-site educational services, including regular education and special education services.
- Our teaching staff is an integral part of Omegon's treatment team.



## Family Involvement

**Omegon has a very strong model of family involvement; the family's participation in the program is essential.**

- Families are expected to participate in family therapy on a regular basis. We offer flexible scheduling to allow for travel and work/time conflicts. Our goal is to change the patterns of dysfunction and to encourage effective communication, problem solving, and limit setting to enhance family relationships.
- Families are involved in all client reviews and are considered an integral part of the treatment team.
- Most client visits are held on Sundays (1:00-5:00 pm), but can also be scheduled at flexible times based on family needs.
- A Family Psychoeducation Group is offered four times monthly. Discussion and educational materials cover topics including parenting, limit setting, and chemical use/abuse problems. Families are expected to participate twice monthly.
- Clients participate in therapeutic home passes as a part of the ongoing treatment process.

**Doing the hard work of learning new ways to relate to the world.**



## Contact Information

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Volunteers of America–Minnesota is a nonprofit organization founded in 1896 which offers a wide variety of services for more than 27,000 children, adolescents and their families, older adults, students, persons with disabilities and special needs, and ex-offenders each year. We are one of the oldest, largest and most comprehensive human service organizations in the state and have more than 60 programs, 700 employees and 4,000 volunteers. We have a rich history of developing innovative programs to meet emerging social issues and pride ourselves on sponsoring programs which are able to explicitly articulate the outcomes achieved in our program participants' lives.

**Program Support Office** | 7625 Metro Boulevard, Minneapolis, MN 55439 | **ph. 952.945.4000** | **fx. 952.945.4100** | **www.voamn.org**

## Program Philosophy

**We believe that therapeutic work with adolescents best occurs through the development of individualized treatment plans and programs delivered in a safe, structured, respectful, and encouraging environment, where emotional, social, and spiritual well-being can be fostered and promoted.**

## Program Highlights

- Omegon provides a multi-disciplinary approach to client and family services.
- Psychiatric services (provided by a Board-Certified Child and Adolescent Psychiatrist)
- Nursing services (provided by an R. N.) providing health management and medication management
- Individual, Family and Group Therapy
- Chemical Health Groups
- Individual Chemical Dependency Counseling
- Milieu Therapy
- Recreational Programming
- Independent Living Skills
- Educational services (provided through Intermediate School District 287)
- Aftercare services
- Family Psychoeducation Group

Licensed by the Minnesota Department of Human Services under Rule 2960 (Children's Residential Facilities) with certifications in mental health and chemical dependency treatment.

## Outcomes

**Our goal is for clients to change dysfunctional patterns of behavior and learn the skills necessary to function successfully in their homes and community. Clients are offered many opportunities to address their emotional and mental health issues and develop skills that promote positive adjustment.**