



ADOLESCENT DAY TREATMENT

Empowering adolescents to respond to their mental health difficulties in ways that allow for growth and change

About Us

Our goal at Anicca is to create a caring community of adults and peers where youth have the opportunity to learn about, explore, and find healthy ways to respond to their mental health struggles allowing them to increase their daily functioning and continue moving toward their life goals.

ANICCA [UH-KNEE-KUH] REPRESENTS CHANGE AND IMPERMANENCE, SERVING AS A REMINDER THAT CHANGE IS POSSIBLE

By supporting and teaching teens, we enhance their social, emotional, and academic skills while strengthening their confidence and competency, making it possible for them to function more effectively in their homes, schools, and communities.

- Anicca Day Treatment is an intensive long-term (about 6- month) year-round program with shortened program hours during the summer months
- Program hours and days align with District 112 or District 288 academic calendars
- Transportation is provided by the youth's home school district during the academic year and by the Anicca program during the summer months.
- Anicca is an Inclusive and Trauma-informed program

Admission Criteria

Adolescents grades 7-12

In need of increased level of care from outpatient therapy OR decrease in level of care following residential or hospitalization services.

Struggling with issues related to

- emotional regulation
- anxious/depressive symptoms interfering with functioning
- self-harming behaviors and/or suicidal ideation
- gender identity
- school attendance and/or work-completion
- maintaining healthy relationships
- attention related difficulties
- mental health hospitalizations

Meets criteria for a DSM-5 mental health diagnosis

Has the capacity to engage in and benefit from talk therapy.

Demonstrate an ability to refrain from physically aggressive behaviors.

Parent/guardian is willing to participate in the therapeutic process.



What to Expect

Diagnostic assessment and individualized treatment plan completed upon admission

Services provided in a safe, therapeutic, and structured setting by licensed and qualified mental health staff

Interactive therapeutic environment

Three hours of group including emotional and social skills training, psychoeducation, and process group

Individual and family therapy

Coordination of care with other providers

Consultation with school personnel

Daily academic instruction from licensed teachers

Transition planning that includes both therapeutic and academic needs and goals

For referral information, requests for services, or to seek additional information, contact our front desk staff at:

(952) 442-4437

Fax: (952) 361-1980

INSURANCE & PAYMENT

Day Treatment services are billed to your health insurance. Carver County is committed to providing affordable mental health services to youth and families in Carver County and surrounding areas. We will work with you to answer any questions as well as help create a payment plan with you that will fit your budget. Please contact our front desk (952-442-4437) and ask for the "billing department."

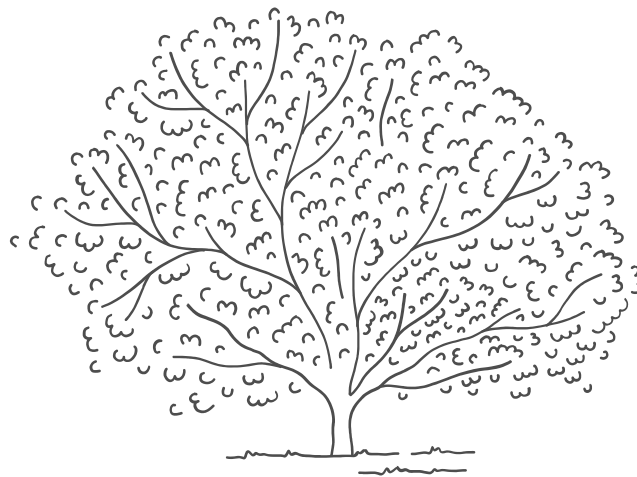
7808 Kerber Blvd., Suite 215
Chanhassen, MN 55317

-and-

Chanhassen High School
2200 Lyman Blvd
Chanhassen, MN 55317

Reflections from a Parent of an Anicca Graduate

"Last night the reality of leaving Anicca set in for our daughter. She struggled with it a bit. She said she now realizes how good the school is, what a great program that she was able to participate in. As you know she does not talk that often about her feelings on life and how she perceives it. But lately when she has, I was amazed at her confidence, vocabulary, understanding, calmness and ability to communicate her opinion. She has grown in your program and we are very thankful that we were referred to you. Life could be quite different for us right now if she did not participate in Anicca."



Anicca Day Treatment is provided by Carver County Health & Human Services in collaboration with Southwest Metro Intermediate District 288 and Eastern Carver County District 112