

## ADMISSION PROCESS

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

Carver County is committed to providing affordable mental health services to the youth and families in Carver County and surrounding areas. We will work with you to answer any questions you might have as well as help create a payment plan with that fit your budget. Please contact our front desk and ask for the "billing department"

**952-442-4437**  
**Fax: 952-361-1980**

The **ANICCA** Program  
has two locations:

**PO Box 1031**  
**7808 Kerber Blvd**  
**Suite 215 (2<sup>nd</sup> Floor)**  
**Chanhassen, MN 55317**

-and-

**Chanhassen High School**  
**2200 Lyman BLVD**  
**Oak House**  
**Chanhassen, MN 55317**

## CARVER COUNTY DAY TREATMENT



Being is always Becoming

An adolescent day treatment program  
brought to you by Carver County  
Health & Human Services in  
Collaboration with Eastern Carver  
County School District 112



### 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.*

*Empowering  
Adolescents to  
Create Peaceful  
Solutions during  
Growth and Change*

## VISION

By supporting and teaching teens, we enhance their social and academic skills while strengthening their emotional health and support systems. Increased confidence and competency makes it possible for adolescents to function more effectively in their homes, schools, and communities. Services are provided in a safe, therapeutic, and structured environment serving adolescents diagnosed as needing mental health services.

Once the adolescent is ready to return to a less clinical setting, services are provided to help facilitate his/her transition back to their home school district.

### ***The ANICCA Program***

---

Anicca [uh-knee-kuh] represents change and impermanence, serving as a reminder that all difficult times shall pass and that everyone is subject to change. The program integrates the empiricism of Interpersonal Neurobiology with General Systems Theory and practices of mindfulness. When combined with a solution-focused approach that utilizes immediate feedback and teaching opportunities to strengthen competency in emotional, interpersonal and academic coping skills, outcomes result in the lasting holistic growth of each individual. Day treatment is provided to the client throughout the entire year with opportunities for credit recovery during the summer months.

## WHAT TO EXPECT

- (1) A Diagnostic Assessment completed by licensed Mental Health Professional upon admission if one is needed.
- (2) An individualized treatment plan is developed to address the client's individual goals and objectives.
- (3) The treatment concerns of the client are embedded into all activities of the program in which they participate.



## SERVICES PROVIDED

---

- Individual Therapy
- Group Therapy
- Emotional & Social Skills Training
- Family Therapy
- Mindfulness, Meditation, and Yoga Training
- Parent Support & Education Groups
- Consultation with school personnel
- Academic instruction from highly qualified licensed teachers
- Transportation provided by the client's home school district during the academic year

## ADMISSION CRITERIA

Male and female clients, grades 7-12, that present with a wide range of Mental Health diagnoses including, but not limited to:

- Significant Anxiety
- Depression
- Disruptions in Mood
- Trauma-Related Difficulties
- Attachment-Related Concerns
- Attention Deficit Hyper Active Disorder (ADHD)

The client must not need out of home or 24-hour care.

Clients must have the capacity to follow and accept feedback in a verbal manner at an age appropriate level.

Clients must be able to demonstrate an ability to remain free from physically aggressive behaviors.

Parent/guardian must be willing to participate in the therapeutic process.

Carver County Day Treatment is not a dual diagnosis program so all chemical dependency issues must have been addressed or be addressed by outside services.

