

## GIVING BACK

Lee Carlson Center is a 501(c)(3) with a mission to provide exceptional and affordable mental health services for families, children, youth and adults in our community. Close to 100% of charitable donations go directly into covering the costs of treatment for the more than 60% of clients who otherwise would not be able to access necessary services.

When you make a gift to Lee Carlson Center, you make a gift of hope, health and healing to children in foster care, adults experiencing severe and persistent mental illness, your neighbors and your greater community.

Join us in the mission to make mental health services accessible to anyone who needs it when they need it. Visit [leecarlsoncenter.org/give](http://leecarlsoncenter.org/give) to learn more or contact Sarah Cafilisch at 763-230-7836.



## LOCATIONS

### OUR MISSION

Since 1979, Lee Carlson Center's mission is to provide exceptional and affordable mental health services to families, children, youth and adults.

**To schedule or to make a referral for any program, call our INTAKE LINE at 763.780.3036.**

#### Fridley Clinic

7954 University Ave. NE  
Fridley, MN 55432

#### Coon Rapids Clinic

10091 Dogwood St. NW, Suite 110  
Coon Rapids, MN 55448

#### Brooklyn Center Clinic

5540 Brooklyn Blvd.  
Brooklyn Center, MN 55429

#### St. Louis Park Clinic

7104 W. Lake St.  
St. Louis Park, MN 55426

#### Bridgeview Drop-In Center

7920 University Avenue NE  
Fridley, MN 55432

**CALL 763.783.7440 to schedule an intake**

**Lee Carlson operates a school-based program across 8 school districts. Ask school staff to be connected with your school-based therapist or call 763.780.3036.**



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

*A non-profit mental health agency serving community members across the north metro.*

**Learn more at [www.leecarlsoncenter.org](http://www.leecarlsoncenter.org)**



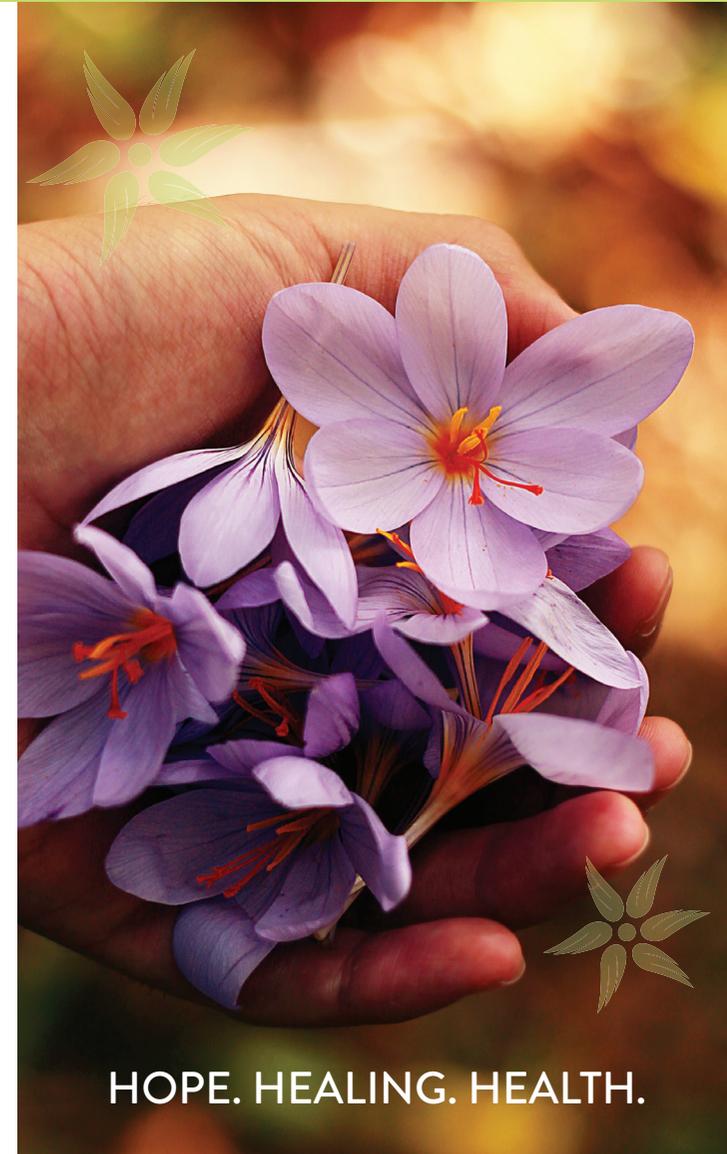
[facebook.com/leecarlsoncenter](https://facebook.com/leecarlsoncenter)  
[twitter.com/leecarlsoncent](https://twitter.com/leecarlsoncent)

Lee Carlson Center for Mental Health & Well-Being complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Lee Carlson Center for Mental Health & Well-Being cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

# LEE CARLSON CENTER

## MENTAL HEALTH SERVICES



**HOPE. HEALING. HEALTH.**



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

**763.780.3036**  
[leecarlsoncenter.org](http://leecarlsoncenter.org)



### About Lee Carlson Center

We are the primary provider of outpatient mental health services in Anoka County and surrounding areas, impacting the lives of 6,000+ individuals, families and caregivers each year. Lee Carlson, a Registered Nurse, founded the center in 1979 with a focus on helping at-risk youth through support groups in area schools. Our school-based program remains a cornerstone of our services, providing individual, group and family therapy in seven school districts.

### Who We Serve

Our clinical team works with individuals and families and sees clients starting at 6 months and through every age and stage of life in the Twin Cities area.

### Payment

Most insurance plans are accepted and a sliding fee is available for those who qualify. Contact 763.780.3036 to learn more about your options.

### Our Services for adults, children, youth and families include:

- Individual & Group Therapy
- Psychological Testing & Assessment
- Art Therapy
- Integrative and Holistic Treatments
- Trauma Therapy
- Psychiatry and Medication Management
- Couples Counseling
- Parent Support & Coaching
- Family Therapy
- Play Therapy

### Clinic-Based Therapy

Lee Carlson Center offers outpatient mental health therapy for children, youth, adults and families at four locations in the Twin Cities metro. We strive to have low-to-no waitlist for clients seeking help and offer both in-person or telehealth options for individual, family or group therapy.

### Bridgeview Drop-In Center

Bridgeview is a drop-in center and hub for adults 18+ living with Serious and Persistent Illness (SPMI) diagnosed by a physician or mental health professional. Bridgeview members receives individual therapy billed to insurance and have access to peer support groups. Bridgeview provides members lunch and activities like offsite field trips, Bingo, art and music therapy. Staff works closely with members to assist with access to resources and housing and employment services. Membership and participation are free. Transportation is free to Anoka County residents.

### Domestic Abuse Program

This program serves Anoka, Hennepin and surrounding counties with a variety of services for those who are male and female survivors and/or aggressors of domestic abuse. Group and individual sessions are available. The program also includes a Restorative Parenting component, and a Children and Adolescent Program is available for youth impacted by violence in the home.

### In-Home Mental Health Services

Lee Carlson Center is a certified provider of Children's Therapeutic Services and Support (CTSS). This service offers a structured, consistent, strengths-based process provided by a clinician to children, youth and families for the purpose of treating the youth's social, emotional and behavioral-health needs.

For adults in need of in-home services, the agency provides Adult Rehabilitative Mental Health Services (ARMHS). This program is built around basic living and social skills, community intervention, medication education, and transitioning to community living. ARMHS services are insured by Medicaid and are for those who are pre-diagnosed with a serious and persistent mental illness.

### Housing Stabilization and Community Support

This program offers support to those with Medical Assistance who are experiencing homelessness or housing instability. Lee Carlson Center's housing stabilization services can help clients plan for, find, and move into housing; retain housing after moving in; find financial resources; and communicate with landlords.

### Intensive Treatment in Foster Care (ITFC)

This program is trauma-informed and client centered. ITFC is a flexible and intensive mental health service available to children living in foster care. The program is provided to the child, foster parents, foster families, biological or pre-adoptive families and anyone who is part of the child's treatment service program. Services include 24-hour on call support, care coordination and crisis assistance plan.

### School-Based Mental Health

Any student with an emotional or behavioral need can access our on-site services in the eight districts we currently serve. The program includes individual, group and family therapy, consultation with school staff, art therapy and play therapy. Participants also have access to in-home services, psychiatry and medication management, psychological testing, integrative and holistic treatments and parent support and coaching.

