

# Overview of Programs

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**1** out  
of **5**

**People will deal with a mental  
illness during their lifetime**



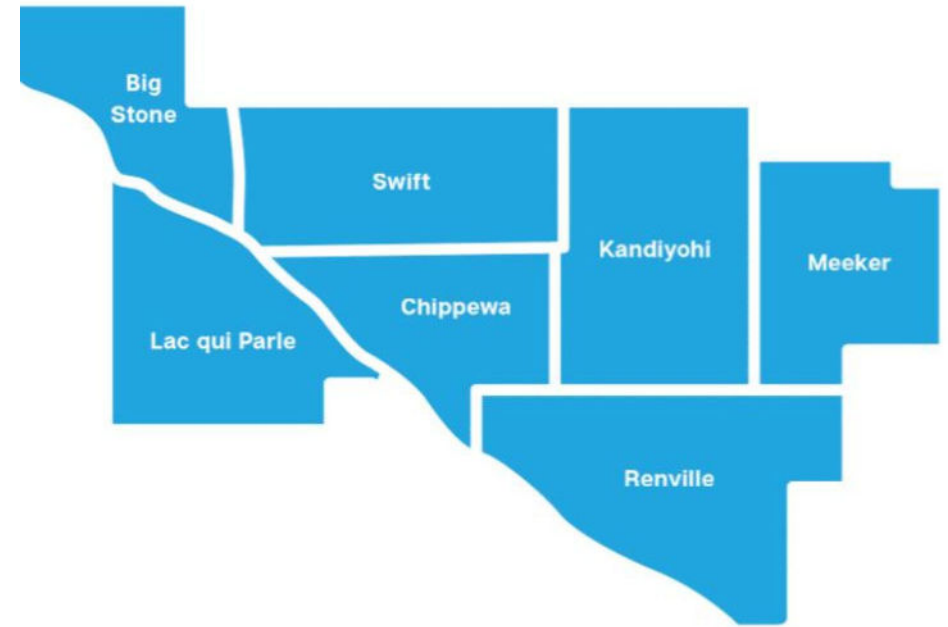
**PROVIDING HOPE**  
**INSPIRING CHANGE**

## **Our Mission**

**We support people of all ages in  
finding hope and recovery.**



- Serving 7 Counties: Meeker, Renville, Kandiyohi, Chippewa, Lac Qui Parle, Swift, and Big Stone
- 2022 - served 4,800 clients, ranging in age from 1-92
- Depression & Anxiety are the most prevalent primary diagnosis
- Non-Profit - 501(c)(3)



**Woodland Centers your comprehensive community mental health center.**





**Focus on Recovery**

**For YOU. For THEM.**

## **Woodland Centers Provides**

- **Mental Health Urgent Care**
- **Mental Health Therapy**
- **Comprehensive Mental Health System**
- **Substance Use Program**



# Adult Services

- ARMHS
  - Individual
  - Group
- Adult Day Treatment
- Drop in Centers (i.e. Journey)
- Supportive Housing



# Outpatient Therapy

- Refers to people coming into the office for therapy appointments
- Offered both in person and via telehealth
- Individual, Family, Couples, Group
- All ages
- Typically, an hour every week, or every other week, though may be less frequent as people are working their way out
- Offered in all of our counties



# Youth Services

- School-Linked Behavioral Health Services
  - Therapy
  - Skills
- Intensive In-Home
- CTSS Individual and Family Skills
- CTSS Group Skills
- Youth and Adolescent Day Treatment





# Integrated Care

- Behavioral Health Home (BHH)
  - Care Coordination
  - Support improved or maintained wellness for individuals diagnosed with a mental illness
  - Adults and Children
- Targeted Case Management (TCM)
  - Care Coordination
  - Resource and Referral
- Assertive Community Treatment (ACT)
  - Team provided treatment primarily to individuals with diagnoses of Psychosis
- Certified Peer Support
  - Individual (Adult)
  - Family (Child)
  - Recovery (SUD)



# Crisis/Detox

- Residential Crisis
  - Adult
  - Youth (ages 6-17)
  - 24/7 admissions
- Detoxification Unit
  - 24/7 admissions
- Mobile Crisis
  - 24/7 response
- Urgent Care
  - Monday Through Friday, 8:00am to 4:00pm (Willmar, Telehealth)



# Substance Use Programs

- Substance Use Group
  - Adults
  - Adolescents
- Continuing Care Program
- Substance Use Consultation
- Individual Substance Use Counseling



# Medication Management

- Children and Adults
- Office and Telehealth
- Offered at all WC sites



# Access and Care Coordination

- Process internal and external referrals
- Schedule appointments
- First point of contact for new clients
- Care Coordination
  - Screening tools
  - Resources and Referrals



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make a difference.**



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**CALL 320.231.9158  
or 1.800.432.8781**