



# SUPPORTS FOR MENTAL & BEHAVIORAL HEALTH

There are times when experiences keep people from being as healthy or happy as they want to be. Our **supports for mental and behavioral health** can help people pursue positive habits and interactions with the world around them. We listen, offer guidance, and work together to develop a wellness plan.

Our services focus and build on strengths, and are solution-oriented. Each of our mental and behavioral health professionals have a passion to help people live a life of meaning and purpose, are trained in person-centered practices, and hold credentials and licenses in their fields.

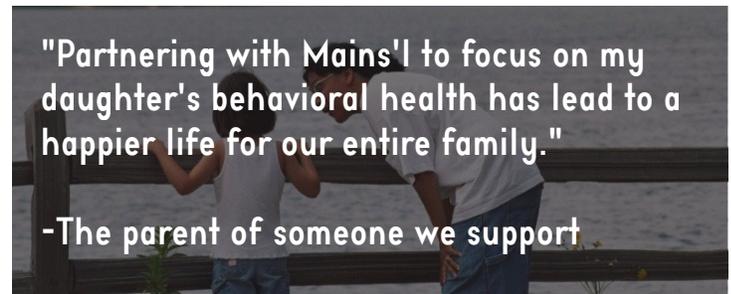
Therapy sessions can be offered in a person's home or at one of our locations. We also offer consultation and caregiver training to agencies.

## COUNSELING SERVICES

**Individual Therapy:** 1:1 sessions in a safe, caring and confidential environment that aims to increase self-esteem and overall quality of life. Art and play therapies can also be layered into individual sessions.

**Family Therapy:** A collaborative process between therapist and family members that aims to facilitate change and improve the quality of family life.

**Walk In Clinic:** Our highly trained counselors are here to talk through whatever is on your mind. Walk in hours at our 6840 78th Ave. N., Brooklyn Park, MN office are Mondays 10 a.m. - 1 p.m. and Thursdays 3 - 6 p.m.



"Partnering with Mains'l to focus on my daughter's behavioral health has led to a happier life for our entire family."

-The parent of someone we support

## CONSULTATION

**Behavioral Consultation:** We offer functional behavior assessments, behavior support plans, transition plans, reevaluations, and staff and caregiver training.

**Person Centered Planning:** Our planners support people in "drawing" a picture of the life they want to live and then we work together to figure out the best way to get there.

## TRAINING & SKILLS DEVELOPMENT

**Family-Centered Behavioral Interventions:** Supporting family members to support their family is the main focus of this service.

**Person Centered Thinking Training:** Includes two-day class to shift our lens of thinking, which assists us to help identify what is important to and important for a person.

**Individualized Behavioral Training:** This specialized training is specific to each person's needs, focusing on creating a nurturing environment and addressing behavioral health needs.



THE BUSINESS OF  
**HOPES & DREAMS**

Want to learn more? Contact a Mains'l Navigator today at [mainsl.com](http://mainsl.com) or call 763-494-4553