

Vinland National Center is dedicated to full lives for people with disabilities.

Vinland's Outpatient Services program includes behavioral health services with a focus on substance abuse for people with cognitive and other disabilities.



Our Outpatient Services Team

We are a fully-accredited outpatient substance abuse treatment center licensed by the state of Minnesota.

We meet the complex needs of individuals with disabilities seeking outpatient treatment for drug and alcohol abuse.

Vinland National Center is a 501(c)(3) non-profit organization.

Vinland's Outpatient Services is located in northeast Minneapolis in Hennepin County, at 675 Stinson Blvd., which is on the 25 bus line.

Outpatient Services

One-on-One Counseling

Clients work individually with case managers to ensure that individual needs are appropriately met.

Mental Health and Diagnostic Assessments

Our Outpatient Services location offers Mental Health Diagnostic Assessments and ongoing individual mental health sessions based on need.

Group Sessions

Group topics vary and discussions are conducted at a moderate pace.

Trauma-Informed Services

We understand that past trauma is common for people struggling with addiction, which is why we provide trauma-informed services aimed at reducing triggers and avoiding re-traumatization.

Neuropsychological Assessments

Onsite assessments are available at our Outpatient Services location.

Rule 25 Assessments

Rule 25 Assessments are offered at our Outpatient Services location, Monday-Friday with 24-hour results. Contact us at 763.479.3555 to schedule an appointment.

Mindfulness Meditation

Developed in partnership with the University of Minnesota's Center for Spirituality & Healing, Vinland offers an adapted mindfulness meditation program. Studies prove that meditation improves recovery outcomes.

Art Therapy

Research has shown that art therapy can improve a client's ability to process emotions, thoughts and interpret feelings. At Vinland, clients draw, paint and create collages. When it's a subject one might not feel comfortable talking about, we find it is often easier to draw or create a picture about the subject or emotion. No prior art experience is necessary to see the benefits of art therapy.

Adaptive Yoga

Yoga improves overall physical and mental health.

All Recovery Meetings (ARM)

All Recovery Meetings are offered on Thursdays from 6-7 p.m. at our Outpatient Services location at 675 Stinson Blvd. in Minneapolis.



Outpatient Services

675 Stinson Blvd., Suite 200
Minneapolis, MN 55413
763-479-3555



OUTPATIENT SERVICES

We enable individuals with multiple disabilities to live productive and fulfilling lives through a whole person approach that addresses the MIND | BODY | SPIRIT

763.479.3555

675 Stinson Blvd. | Minneapolis, MN | 55413



OUR PROGRAM IS DESIGNED FOR:

- Those who can benefit from a slower-paced, more individually-focused program.
- Individuals dealing with simultaneous mental illnesses.
- People living with disabilities such as brain injury, developmental disability and/or physical disabilities.
- Those who have had difficulty succeeding in traditional chemical dependency treatment programs or those who have relapsed and need a new approach.



Our wonderful Outpatient Intake/Assessment Counselors (left to right): Kelsey Pittenger, ADC-T; Mariya Javed, BS, LADC, and Brad Crnobra, BS, LADC.



Our amazing Outpatient Case Managers (left to right): Mick McClellan, ADC-T; Kathleen Johnson, LADC, and Marty Phillips, LADC.



An Outpatient Services office

Outpatient Services Program

- Outpatient treatment at Vinland is intended for people with disabilities who are chemically dependent. We serve adults ages 18 and older with group and individual therapy, Rule 25 assessments, and neuropsychological evaluations.
- Our Outpatient Services location offers programming that is typically nine hours each week (three hours, three times a week) for a minimum of four months. After a period of time, clients can step down to fewer than three days per week. This is decided in collaboration with a case manager.
- All employees hold a **Certified Brain Injury Specialist (CBIS)** certification. This designation, from the Academy of Certified Brain Injury Specialists, covers:
 - incidence and epidemiology of brain injuries,
 - brain anatomy and brain-behavior relationships,
 - the impact of brain injuries,
 - brain injury treatments,
 - legal and ethical issues regarding brain injuries, and
 - educating family members on brain injuries.

Meeting Times

- Clients choose from group meetings:
 - 9:00 a.m.-12:00 p.m. and 1:00-4:00 p.m.
 - Four days a week on Mondays, Tuesdays, Thursdays and Fridays.
- Clients also meet with their counselor individually once a week or once every two weeks.



Outpatient group/classroom

How to Get Started

- Submit current insurance information and Rule 25 assessment.
- If no current Rule 25/chemical health assessment is available, schedule one at our office.
- Schedule an intake appointment and meet with an intake counselor to fill out paperwork specific to our program, discuss current needs, and get oriented to the program.
- Usually most clients start the program/ attend groups the day following the intake appointment.

For more information, call Outpatient Intake Team at 763-479-3555.