



Vona Center for Mental Health by Volunteers of America of MN provides culturally affirmative mental health services that honor the rich diversity within the Deaf community and help clients grow toward their goals. We are available to provide services to children and adolescents ages birth through 22 years, and their families, and are here to help when life presents challenges that become hard to manage. Program therapists can support the student and family with a variety of life's difficulties including, but not limited to:

- Adjustment to life transitions
- Anxiety
- Depression
- Grief & loss
- Post-Traumatic Stress Disorder (PTSD)
- Relationship difficulties
- Suicidal thinking/self-harming behaviors
- Loneliness/isolation
- Bullying
- Behavioral problems

Program staff have expertise in child and adolescent mental health as well as in Deaf Culture and use American Sign Language. We also have the ability to serve clients who do not use sign language but have a hearing loss.

Initial assessments are thorough and include mental & physical health, family history and school performance.

Individualized plans for treatment are based on techniques that work for children, adolescents and are adapted, when necessary, for use with Deaf, Hard of Hearing or DeafBlind clientele.

Family members are encouraged to participate actively in services and collaboration with schools and other providers is considered an important part of the program.

SERVICES INCLUDE:

- Comprehensive diagnostic assessment
- Individual, family & group psychotherapy (school, home or clinic-based)
- Individual, family & group skills training (school, home or clinic-based)
- Psychiatric evaluation and medication management for program clients only (provided at the New Hope Clinic and the MN State Academy for the Deaf, as well as virtually through telemedicine)

FUNDING:

VOA accepts and is in-network with most insurance companies, including Medical Assistance. This program is supported by a grant from the Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division, which allows consultation and coordination of care. Uninsured or underinsured clients may be eligible for resources available to support their access to treatment.

VOA also works with school districts who prefer to pay for services directly. This includes provision of contracted services under CTSS for students who have mental health needs identified on their IEP. VOA is a certified CTSS provider with MN DHS.

LOCATIONS:

Central MN: Benton, Crow Wing, Kanabec, Kandiyohi, McLeod, Meeker, Mille Lacs, Morrison, Renville, Sherburne, Stearns, Todd, Wright

Twin Cities Metro: Anoka, Carver, Dakota, Hennepin, Isanti, Ramsey, Scott, Washington

Southeast MN: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, Winona

For more information or to request services, please contact Vona Center for Mental Health at 763-225-4052 or Lynn Bloom, MSW, LICSW, Deaf and Hard of Hearing Program Manager at 612-276-6111 or lynn.bloom@voamn.org.