



Helping Kids and Teens Achieve Healthy, Stable Lives

Aris Clinic is a private pediatric mental health facility providing outpatient treatment to youth in the Twin Cities and western Wisconsin. Our mission is to help kids and teens return to healthy, stable, and productive lives through compassionate, comprehensive care. We offer a range of services tailored to meet the unique needs of kids in grades 2-12.

**Aris** Clinic
EMPOWERING HEALING AND HOPE

The Impact Is Real

Mental health challenges affect families and schools in significant ways:

- School absences and falling behind academically
- Behavior issues and emotional instability
- Social withdrawal and major lifestyle changes



Our Goal: Stability and Healing

At Aris Clinic, we address emotional and behavioral health challenges to help youth thrive at home, in school, and within their communities.

Common Symptoms We Treat

- Anxiety / Excessive Worry
- Bullying
- Depression
- Mood Dysregulation
- School Avoidance
- Social Struggles
- Suicidal Thinking / Self-Harm
- Technology Addiction
- Trauma and Loss

Problem Areas We Address During Treatment

- Anxiety and Related Escape / Avoidance
- Sleep Difficulties and Associated Hygiene
- Management of Screen Time
- Compliance with Rules, Limits, and Directions
- Frustration Tolerance Skills
- Self-Advocacy Skills
- Emotional Regulation Skills
- Successful Parenting Strategies
- Successful Peer Interaction Skills

Parent Questions and Concerns

At Aris Clinic, we understand the challenges parents face daily. Here's how we can help:

- **Do you want to increase your child's compliance with house rules?** Our programs teach strategies to support positive behavior and clear communication at home.
- **Are you exhausted from the daily battle to get your kids out of bed and to school every morning?** We work with families to build skills, significantly reduce morning conflict, and help your child build independence with their morning routine.
- **Does your child avoid school at all costs?** Tired of getting threatening letters from the truancy office? Most kids who attend Aris Clinic's IOP successfully transition back to school.
- **Do discussions about screen use with your child lead to arguments or tantrums?** We provide tools to manage screen time and reduce conflict in your household.
- **Want to spend less time arguing with your child and more time praising their successes?** We focus on fostering strengths, resilience, and cooperative problem-solving.
- **Do you wish you and your spouse were on the same page with how best to parent your children?** Our family therapy sessions bring parents together with a shared plan and understanding.



Year-Round Intensive Outpatient Program (IOP)

Our IOP provides weekday therapy, medication management, and education services. We specialize in early intervention, preventing issues from becoming more debilitating. The short-term program lasts 8 to 12 weeks, allowing students to transition back to their regular schools with stronger skills and stability. We group patients by age and therapeutic needs, delivering personalized services and support tailored to each individual.

	School Year	Summer
Program Hours (Monday-Friday)	<ul style="list-style-type: none"> ✓ East Wing Grades 2-8: 8:15 a.m. check-in, 3:00 p.m. departure. ✓ North Wing Grades 7-12: 9:00 a.m. check-in, 3:45 p.m. departure. ✓ Lunch provided on school days 	<ul style="list-style-type: none"> ✓ East Wing Grades 2-8: 8:15 a.m. check-in, 11:30 a.m. departure. ✓ North Wing Grades 7-12: 9:00 a.m. check-in, 12:15 p.m. departure ✓ If participating in the 6 weeks of summer educational services, departure times on summer school days are: 3:00 p.m. East Wing 3:45 p.m. North Wing ✓ Lunch provided on summer school days
Intensive Therapeutic Programming	<ul style="list-style-type: none"> ✓ Group: 3 hours daily, focused on building essential skills in social interaction, psycho-education, behavioral management, and coping strategies. ✓ Individual: Provided based on specific patient needs to address individualized goals. ✓ Family: A weekly session to review progress, develop parenting strategies, and reinforce family collaboration. 	
Educational Programming	<ul style="list-style-type: none"> ✓ Our classroom is an extension of our therapeutic programming and allows students to practice the skills they are building at Aris Clinic. Classroom behaviors inform our treatment planning and goal setting. ✓ Patients can earn academic credit while at Aris Clinic through Minnesota's public Northeast Metro 916 Intermediate School District. ✓ 6 weeks of summer educational services are also available to earn additional academic credit or avoid summer learning loss. 	
Medication Management Services	<ul style="list-style-type: none"> ✓ Tailored to each patient's treatment plan. 	
Transportation	<ul style="list-style-type: none"> ✓ Transportation through your school district may be available on days when there is school in session. ✓ Med Ride transportation may be available through your insurance. ✓ Families should make personal transportation arrangements if school or Med Ride transportation is not available. ✓ Attendees who are licensed drivers can be approved by Aris Clinic staff to drive themselves daily. 	
Typical Duration	<ul style="list-style-type: none"> ✓ The program is short-term and typically lasts 8-12 weeks. 	



Successful Outcomes

Aris Clinic has helped youth achieve:

- School attendance and greater success in school
- Stronger, healthier relationships
- Healthier family dynamics
- Ability to function within appropriate boundaries
- Improved social awareness
- Better coping skills in difficult situations
- Hope, healing and happiness

A Well-Rounded Approach to Wellness

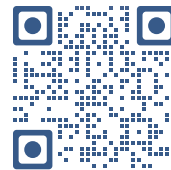
We treat the whole child by addressing biological, psychological, and social factors. Our care team integrates:

- Lifestyle medicine, including nutrition, exercise, and healthy sleep habits.
- Outdoor therapeutic activities.
- Companion animals to reduce stress and improve communication skills.

Get Started

We make the process simple for families:

- **Contact Us:** Call 651-259-9750 or email info@aris-clinic.com to check availability and schedule a tour.
- **Insurance:** We accept most major insurance plans and offer financial assistance for those who qualify.



Request a Diagnostic Assessment Appointment or More Information

"We appreciate the transition meetings that are held when students are ready to exit. This helps us continue to not only support the student in using the tools they learned at Aris Clinic but also to know what sort of "next steps" we can help support the family with as well."

Referral Source



"We are so grateful for the investment everyone at Aris made in not just our child, but our entire family. The staff was caring, involved, and helped greatly ... even after discharge. Thank you!"

Parent



Aris Clinic
2040 Woodwinds Drive
Woodbury, MN 55125

Phone: 651-259-9750
Fax: 651-259-9790
Email: info@aris-clinic.com
Website: aris-clinic.com

