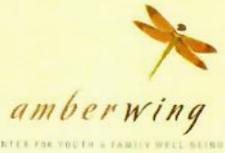




A unique healing environment
 Amberwing was created to provide the greatest level of compassion and skill, in the most welcoming of healing environments. Set in a restful wooded area, we bring together the combined resources of a community and health system to create a national model for effective mental healthcare. Please visit and see for yourself.



Miller-Dwan Foundation
 The Miller-Dwan Foundation developed and owns the Amberwing facility and is committed to continued charitable support of the center and its programs. Essentia Health Duluth operates the facility and provides the mental health and substance abuse services within. To learn more or make a gift, visit amberwing.org or call 218-786-5829



Amberwing.org
 615 Pecan Avenue, Duluth, MN 55811 • 218-355-2100
 Email: Amberwing@EssentiaHealth.org

M53044



amberwing

CENTER FOR YOUTH & FAMILY WELL-BEING

MENTAL HEALTH SERVICES

**Hope for children,
 transformation for life**



A charitable project of
Miller-Dwan Foundation

Care provided by
Essentia Health-Duluth

Here with hope

We understand how hard it can be to endure the fear, exhaustion, humiliation and uncertainty of a mental health crisis or alcohol or drug problem. Now, more than ever, there is hope for children and families struggling to cope: you can turn to us for help.

Everyone deserves the chance for healthy change, and we're committed to being here with you on the path to transformation. It's a special kind of care that brings us together as partners—with children, families and the greater community—in a truly unique place designed to connect and improve the way mental health and substance abuse care is delivered in this region.

"WHEN A CHILD IS IN CRISIS, THE ENTIRE FAMILY NEEDS HELP AND HOPE. IT'S WHY WE'RE HERE—TO GIVE YOU THE RIGHT CARE AT THE RIGHT TIME."

*Rick Gertsema, MS, LP
 Amberwing Child/Adolescent Behavioral Health Manager*



Who we serve

Amberwing helps children and teens who are experiencing mental health or substance abuse issues. In the process, we teach families skills for supporting one another in healthy ways. We also offer resources to other medical providers and the community at large.

Know the signs

Depression, suicidal thoughts, anxiety, stress, substance abuse or other concerns can come on suddenly, or so slowly they can be hard to see. One clear indicator is when a child or young person's emotions or substance use interfere with their ability to be successful at home, school or in the community.

Refer a child

If you're a concerned parent, teacher, caregiver or other professional, you can refer a child here. Youth from ages birth to 25 can receive timely care to address a variety of emotional and behavioral problems.

Please call 218-355-2100

Learn more: Visit the [Amberwing Family Resource Center](#), call us with questions or visit amberwing.org. In a mental health emergency, please call 911 or the 24-hour crisis line: 218-723-0099.



Our Programs: the right care at the right time

From the youngest children to adolescents and families, you can turn to us for the best possible evidence-based, family-focused care. In every Amberwing program, parents and therapists are closely connected throughout the process. The program incorporates music, drama, art, occupational, movement and pet therapies. Dialectical Behavioral Therapy skills are taught daily in each program. Amberwing, a department of Essentia Health-Duluth, offers services that include:

INTENSIVE DAY THERAPY (grades 1-12)

This approximately three-week outpatient program, commonly called "partial hospitalization," helps children, youth and adolescents who are facing serious emotional or mental health problems. Youth are grouped according to clinical and developmental needs in dedicated wings of the building, including:

- Child
- Middle Youth
- Teen

FAMILY AND FRIENDS DIALECTICAL BEHAVIOR THERAPY EDUCATION PROGRAM

Learn about the Dialectical Behavior Therapy (DBT) skills that are taught at Amberwing in this 12-week program available for family, friends and community members.

BIRTH TO KINDERGARTEN PROGRAM

Our clinical child psychologist leads this comprehensive assessment and intervention program to determine treatment planning and connect families with the support needed for our youngest children.

SUBSTANCE USE DISORDER PROGRAM (ages 12-18)

Effectively treating an alcohol or other drug problem takes a comprehensive, compassionate approach. Our clinical social worker and licensed alcohol and drug counselors work with youth and families in a mix of individualized and group counseling in a safe, structured atmosphere.

INTENSIVE OUTPATIENT THERAPY (ages 18-25)

This intensive group therapy helps emerging adults address acute mental health problems in a safe, nurturing environment. Participants meet for three hours, three times per week over the course of approximately six weeks. This program meets at various locations; please call 218-623-1800 to find the correct location.

TELE-PRESENSE EDUCATION AND TELE-HEALTH SERVICES

In some cases we offer consultations with a specialist by video teleconference on a secure network for patients, families and medical providers, as well as those who live outside the Duluth area.

AMBERWING FAMILY RESOURCE CENTER

Do you have questions about where to go for help, additional support or services? Please call us at 218.355.2100 or visit the resource center for:

- Free family support and trusted information from an experienced mental health professional
- Community education and support groups
- Liaison services between schools, programs, providers, youth and families

OUR TEAM

Our team of child psychiatrists, psychologists, specialized therapists and other skilled staff is united by a passion to help children, families and our community. With an array of therapeutic approaches customized to the needs of each child and family, we work together with you to teach the skills needed—to build hope, ensure recovery and increase resilience.

"JUST LIKE ANY OTHER DISEASE, MENTAL ILLNESS NEEDS TO BE TREATED. THE STIGMA IS SO HARMFUL AND DANGEROUS. PEOPLE NEED TO KNOW THEY CAN ASK FOR HELP. YOU'RE NOT ALONE."

Past patient of ~~Essentia Health~~
Mental Health Services: *Amberwing*

