



Thad Wilderson & Associates



Thad Wilderson & Associates was founded in 1975 to provide total community-based mental health services for individuals and families in the St. Paul metropolitan area.

Thad Wilderson & Associates is a community-based Rule 29 Mental Health clinic licensed by the State of Minnesota for more than 25 years. The agency has provided psychological services with a focus on serving children and youths from communities of color, especially the predominantly African-American community of St. Paul, where the agency is located.

Functional Family Therapy

The Functional Family Therapy program, commonly referred to as FFT, focuses on preventing and reversing trends of delinquency and violence among adolescents. These trends have alarmed the public, and challenged the juvenile justice system.

Functional Family Therapy is empirically grounded, well-documented, and highly successful as a family intervention program for behaviorally challenged youth in multi-ethnic, multi-cultural contexts. The program targets at-risk pre-adolescents to youth with very serious emotional and behavioral problems. Siblings of referred adolescents often become part of the intervention process.

Therapy ranges from 8-10 one-hour sessions for mild cases, and up to 20 sessions of direct service for more difficult situations. Sessions are most often provided over a period of three to four months. Functional Family Therapy can be conducted in clinical office settings, and as a home-based model.

Project Assist

Project Assist is an outreach-based diagnostic assessment and early intervention program for children ages 0 - 17. Referrals are made for children who are experiencing behavioral problems at home, in school, and/or their community. The vast majority of assessments are completed in the youths' homes or schools.

The objectives of the program are to provide screening, assessment, diagnosis, brief intervention, and arrangement of on-going services to youth who have been identified with a mental health concern.

The desired outcomes of the program are to stabilize and improve the lives of young people and their families, by linking them to the appropriate community resources. Ultimately the program aims to help youth avoid more intrusive intervention through Juvenile Justice or Child Protection.

Intensive Therapeutic Services

Intensive Therapeutic Services is a voluntary, culturally sensitive program designed to empower youth with Severe Emotional Disturbance and their families. The program focuses on family strengths, presenting issues, and it requires active parental involvement in the treatment process.

The goal of the services is to educate parents and provide them with the necessary skills and resources to manage their child's difficult behavior. Mental health services are individualized according to the clients' needs.

The intensity of service is based on the identified needs of each individual child and their family. Therapy sessions are scheduled at least once a week for a period of 4 - 6 months. Therapy can take place in home, or in the office.

Referrals are made through the child's Mental Health Case Manager.

Children's Mental Health Case Management

Case Management provides intensive mental health services to children experiencing severe emotional disturbance. Case Managers provide clinical and functional assessment, diagnosis, and case plan development to clients and families.

Case Management services include:

- A complete Functional Family Assessment
- The development of Individual Family Community Support Plans.
- Development of a Crisis Plan for the child and family
- Assist the child and the child's family in obtaining needed mental health services
- Evaluating the delivery, appropriateness, and effectiveness of mental health services.
- Making placement recommendations and referrals, and
- Collaborating with the child's school to develop an education plan and placement

Referrals are made to the Case Management program by calling 651-266-4500.

In-Home Foster Care Therapy

Do you have a foster child in your care for whom you are concerned about that child's emotional well-being, behavioral adjustment, or that they have symptoms of anxiety or depression which interferes with their ability to form effective relationships with others, or interferes with their functioning at school?

If so, the In-Home Foster Care Therapy program is designed to address these concerns.

Services are individualized, and may include one or more of the following: diagnostic assessment, individual, family or group skills training, and individual, family, or group psychotherapy.

Services are provided in the home of the foster child, and are usually scheduled in the evenings after the child has returned from school.

Call Thad Wilderson & Associates at 651-225-8997. to schedule an appointment.

School Link Mental Health

The School-Linked Mental Health program is a collaborative effort of Thad Wilderson & Associates, and the St. Paul Schools.

The program is focused on serving students from Kindergarten through High School who are having mental health concerns that might interfere with their school performance. The essential components of the program are: diagnostic assessments, development of a treatment plan, clinical therapeutic services, limited psychiatric services, crisis services, and CTSS services.

Referrals should be made to the administrative office at your child's school.

In-Office Therapeutic Services

The clinical staff at Thad Wilderson & Associates has more than 35 combined years of providing therapeutic services to children and adolescents, adults, families, and couples. Therapy is culturally based, with an emphasis on the African-American culture.

Mental Health services are individualized according to the clients' needs, and may include one or more of the following:

- Diagnostic assessment
- The development of an individual treatment plan
- Weekly individual therapy for the child
- Family therapy session
- Group psychotherapy
- Skills training

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