

Mental Health and Addiction Services Programs: What to Expect

Mental Health and Addiction Services

The goal of Allina Health Mental Health and Addiction Services is to provide excellent care in a safe, healing environment.

Program Guidelines

- You will need to attend and be on time for all sessions. Please let staff know if you will be late, need to leave early or are not able to attend a session.
- Personal information discussed in groups is confidential and should not be shared outside of sessions.
- It is important to tell staff if you feel unsafe at any time.
- Physical or sexual touch is not allowed. Please maintain personal space.
- Violent or threatening behavior or language is not allowed.
- Firearms are not allowed at Allina Health facilities.
- Use of alcohol or drugs will not be allowed while in the program.
- Do not use your cell phone during sessions. This includes taking photos.
- Lending money to or borrowing money from others is not allowed.
- Take medicines as instructed by your health care provider. Never share your medicines.

- Do not wear short shorts, tube tops, low-cut tops or tops with slang written on them.
- Do not wear perfumes, colognes, lotions or other scented products to sessions.

Whom to Ask Questions

Talk with staff if you have any questions.

Questions for Staff
