



*Mayo Clinic Child and Adolescent
Integrated Mood Program (CAIMP)*



Mayo Clinic's Child and Adolescent Integrated Mood Program (CAIMP)

- Treatment and Psychoeducation
 - Problem-solving
 - Coping
 - Communication
- Cognitive Behavioral Therapy (CBT)
- Interpersonal Therapy (IPT): Interpersonal interaction
- Acceptance and Commitment Therapy (ACT): Mindfulness and stress reduction activities
- Medication education and management
- Healthy Habits (Sleep, Nutrition, Physical Activity)
- Actively work with school to assist with reunification
- Who to refer:
 - Primary diagnosis: Mood disorder (depression, bipolar, disruptive mood dysregulation , etc)
 - Can have comorbid diagnosis
 - Age 9-19 living with a primary caregiver
 - Struggling to regulate mood despite attempts of utilizing outpatient treatment
- Referral exclusions:
 - Autism Spectrum Disorder
 - Developmental Delays
 - Youth not living with a family caregiver Primary diagnosis: eating disorder
 - Primary diagnosis: substance abuse
 - Unmanaged psychosis
- 2 weeks
- Monday - Friday
- 8:00am -4:00pm
- Generose 1B
- Family Focused: **Parent and youth involvement**
- Age Range:
 - 9 - 13 (early adolescent)
 - 14 - 19 (adolescent)
- Staff:
 - Psychologist: Jarrod Leffler
 - Social Worker: Barry McCoy
 - Cert. Nurse Specialist: Jane Meineke
 - OT
 - RT
 - Dietician
 - Nurse
- Contact
- Program Director:
 - Jarrod M. Leffler, Ph.D., LP, ABPP
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Call

Clinical Inbox Message

Email

Patient Flow

