

# Mental Health & Trauma Day Treatment Program for Teens

## MANKATO CLINIC



*This program provides a safe, structured environment to help teens overcome emotional and behavioral challenges. Teens can enroll in the program at any time. This program is a qualifying CTSS service.*

### What is day treatment?

Year-round intensive mental health services are available to adolescents (ages 13-18) in a safe and structured setting.

### Our day treatment is:

- Trauma-informed and DBT-inspired therapy
- 3 hours per day of group therapy, plus individual and family therapy
- Groups that run Monday through Friday
- 5 days a week for a recommended stay of about 3 to 5 months

### This program can help with these problems:

- Aggressive behaviors
- Self-injurious behaviors
- High-risk behaviors
- Emotional outbursts
- Authority defiance
- Relational conflicts

### Where does day treatment take place?

Christian Family Solutions  
44 Good Counsel Drive  
Mankato, MN 56001

*Please note that program hours are subject to change.*

262.345.5560 • 800.438.1772 [www.ChristianFamilySolutions.org](http://www.ChristianFamilySolutions.org)  
44 Good Counsel Drive • Mankato, MN 56001

### Program overview

#### **The teen will:**

- be assigned a therapist who is trained in the best evidence-based care for adolescents, who will work with them on their specific goals.
- spend much of their time learning and growing in group therapy.
- receive individualized educational programming coordinated with local school districts by our educational liaison.
- meet with a prescriber to see if medication might be helpful.
- meet with a psychologist to review comprehensive psychological testing.

#### **Parents will:**

- be asked to come in for an hour each week to meet with their teen and their teen's therapist.
- learn new parenting skills to meet the needs of their teen and understand their teen better.

After the teen completes treatment, the team will work to create an appropriate aftercare plan.

### How does payment work?

Most services are covered through commercial, Medicaid, or Medicare insurance policies.

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T: Admin/Marketing/All Collaterals Inventory