

Minnesota Online Mental Health & Trauma Day Treatment Program for Teens

OFFERED VIA TELEHEALTH



*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
- 2 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?

Virtual day treatment makes it possible for clients to access treatment from home or school using a computer or portable device (tablet, smartphone) with webcam, microphone, and speakers. This program is offered to anyone in Minnesota, regardless of proximity to our clinics.

Please note that program hours are subject to change.

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

A client may add **optional in-person clinic visits** to their online programming up to two times per week at our Rochester, MN clinic.

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.