CHRISTIAN FAMILY SOLUTIONS

Counseling Care & Services

Online Day Treatment for Teens

Serving ages 11-18 across MN and WI

Effective treatment to manage depression, anxiety, trauma, or other serious mental health conditions.

Trauma-informed and DBT-inspired, Online Day Treatment for Teens provides a higher level of care for teens (ages 11–18) in Minnesota and Wisconsin who have plateaued in outpatient therapy and need extra support or are stepping down from inpatient care. It combines evidence-based practices like CBT and art therapy, with faith integration available upon request. We welcome and serve all.

What issues does day treatment address?

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

About programming

- Co-ed groups meet from home or school
- Monday – Friday, 2 hours a day
- Individual and family therapy included
- Art Therapy included - Engages teens in creative activities that support emotional healing and self-discovery.
- Average length of treatment is 4-6 months

Telehealth removes barriers

Teens who struggle with transportation, live far from treatment facilities or who want to remain an active part of their community, have access to care.

View a short video about online day treatment at CFS.

800-438-1772 | *ChristianFamilySolutions.org*

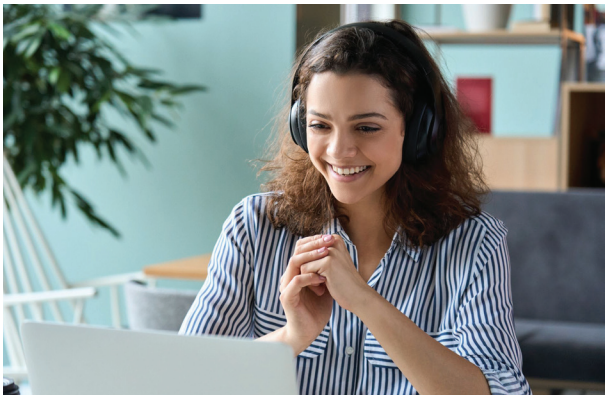
What is the cost of day treatment

Most services are covered through commercial insurance policies and state-sponsored insurance.

View insurances accepted at CFS by snapping the QR codes.

Minnesota insurance accepted

Wisconsin insurance accepted



How to refer a teen to CFS Day Treatment for Teens-*Online*:

- Call **800-438-1772** to schedule a diagnostic assessment with our intake team.
- If you are interested in our in-person day treatment program at the STRONG Milwaukee Center, call **262-293-9747**. This program serves children and adolescents ages 4-18.

"I have been beyond impressed! I have always been hesitant of virtual programs and this program is doing it correctly. Both of the youth that I have had in the program have made substantial gains in their mental health."

- Child Welfare Case Manager

Teen day treatment is a service of Christian Family Solutions, providing counseling care and services since 1965.

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