

Mental Health & Trauma Day Treatment Program: LAKEVILLE CLINIC

Meets Monday through Friday from 2:00-5:00 pm



This gender-specific program for females 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 female 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
- Afternoon groups that run Monday through Friday
- 5 days a week for about 2 to 3 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
16233 Kenyon Avenue, Suite 230
Lakeville, MN 55044

Program overview

The teen will:

- be assigned a therapist who is trained in the best evidence care for adolescents, who will work with them on their specific goals.
- spend much of their time learning and growing in group therapy.
- be excused from class to participate in group therapy for 3 hours each day.
- 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.